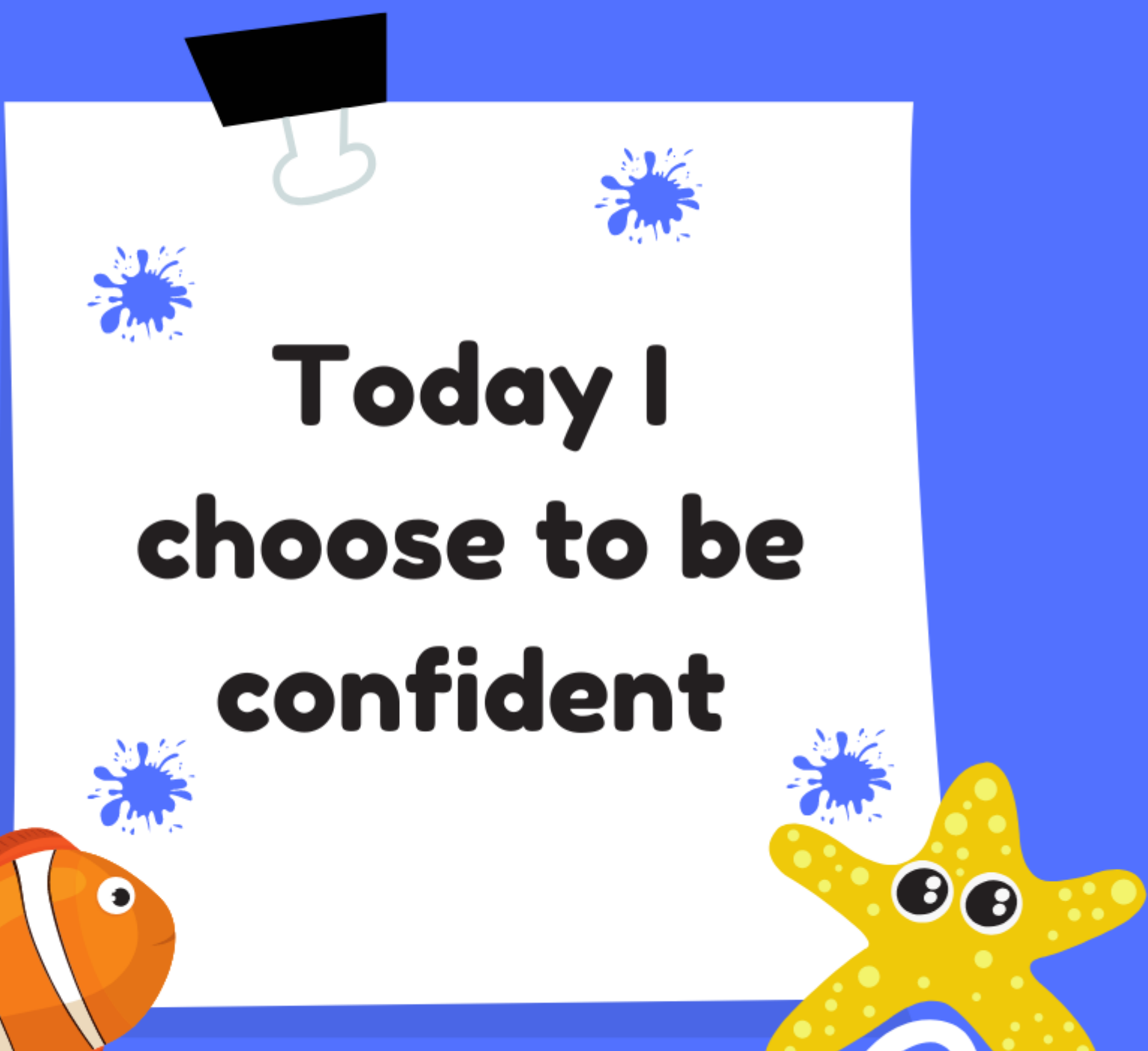



# SWIMMING AFFIRMATIONS



**Today I  
choose to be  
confident**

# SWIMMING AFFIRMATIONS



**It is  
enough to  
do my  
best**

# SWIMMING AFFIRMATIONS



**I am growing  
and learning  
every day**

# SWIMMING AFFIRMATIONS



**Today I  
will  
spread  
positivity**

# SWIMMING AFFIRMATIONS



**It is okay  
to make  
mistakes**

# SWIMMING AFFIRMATIONS



**I strive for  
progress,  
not  
perfection**



# SWIMMING AFFIRMATIONS



**Big things  
start with  
small  
steps**

# SWIMMING AFFIRMATIONS



**I am  
working at  
my own  
pace**

