

I am blessed with strength

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I have a river of strength inside me that propels me to greatness. I use my strength to reach new heights at work and at home.

I am proud of my inner and outer strength.

I have the strength to overcome any challenge that appears in my path. I know how to handle difficult people or hard situations with grace and kindness.

I know that part of my strength comes from my family and friends. They offer me a support network that lifts me up and helps me overcome obstacles. They help me find my inner strength during tumultuous moments.

I increase my strength with each day.

My strength grows as I experience new adventures on my life's path. My strength keeps my mind and body healthy. It prevents me from succumbing to negative temptations or turning to bad influences.

I use my strength to help those I love. I also use my strength to reach out to strangers who are in need.

I see my strength as a true blessing, so I nourish it.

My strength helps me understand that negative situations are part of the universe's plan. The reason why I have a strong body and mind is because I need them to thrive.

Today, I focus on my strength and abilities to reach new levels.

Self-Reflection Questions:

1. How can I prevent negative life experiences from affecting my inner strength?
2. What can I do to nourish the strength I see in my children and spouse?
3. How can I use my strength to help others?