Affirmations

to A trade a stred Man

Monday's Affirmation

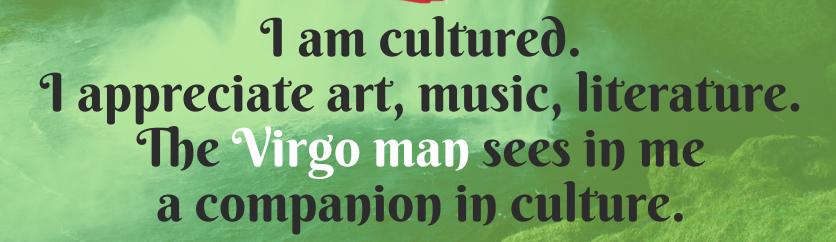
I am gentle and kind. The Virgo man values these qualities above all, and he sees them in me.

Tuesday's Affirmation



I am trustworthy. The Virgo man looks at me and sees someone who will keep his confidence.

Wednesday's Affirmation



Thursday's Affirmation

1 am hardworking. 1 am determined and driven. 1 value hard work. The Virgo man sees this.

Friday's Affirmation



I am helpful. When I see someone struggling, I am compelled to assist them. The Virgo man admires this.

Saturday's Affirmation

1 am charitable. The Virgo man looks at me and sees someone who cares for those less fortunate.

Sunday's Affirmation

The Virgo man sees in me the purity of fresh snow and crystal clear waters.

Virgo affirmation instructions

- You should stand up straight but relaxed.
- Dispel any negative thoughts as best you can.
- Say your affirmation aloud in a clear confident voice.
- Repeat your affirmation 10 times.
- Perform your affirmations as soon as you get up.
- Perform your affirmations just before going to bed.
- You must perform your affirmations every day.
- If you are performing affirmations in addition to those here, allow at least five minutes between affirmations.







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