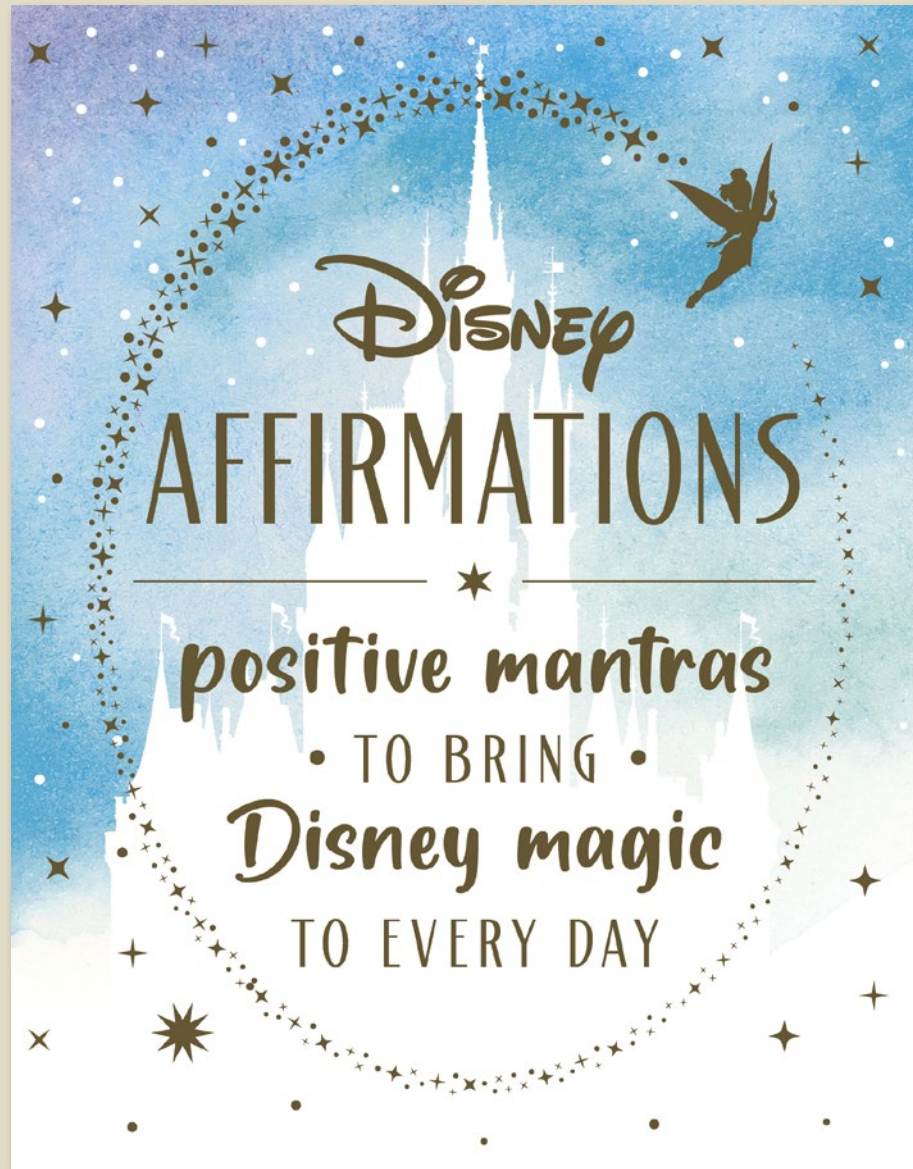


Disney Affirmations



Challenge negative thoughts and overcome self-doubt with the support of your favourite Disney characters.

- Hardback book with matt lam and foil for an eye-catching cover.
- Features favourite characters including Moana, Buzz Lightyear, Dory, Peter Pan, Joy, Elsa, Sebastian, WALL-E and many more.
- Affirmations can improve mental health and well-being.

Disney Affirmations



I am open to feeling all my emotions.

*

Embrace life's balance of beauty and ugliness, happiness and pain. Without sadness, there would be no joy. Every experience is a part of who we are.



I am excited for my future.

*

The best things happen unexpectedly. Letting life surprise you is the secret to a happy existence.



I am a miracle.

*

You are important to yourself and to those who you are closest to. Shine and help others shine too. Your existence is miraculous.



I am flexible and open to change.

*

However much we try to resist, things in life will keep changing. Embrace the new opportunities, adapt and remember: if you want to change the world, you also have to change with the world.

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