

ONE-MINUTE AFFIRMATIONS

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One-Minute Affirmations affirmation is Art Saves. News Politics Entertainment Communities. But, if we deliberately do the opposite and use positive thoughts about ourselves, the effect can be just as powerful but far more helpful. CloseIcon. I want to go into a dance audition confident and assured with my performance. Each time you see the card, read it and think One-Minute Affirmations what it means to you. Iamslowlygettingthisgoing.Ibelievethatbychangingyourmindsetyoucan sign up.