



Values Affirmations

Certainty

I am confident in my decisions.

Health

My mental health and wellbeing are a top priority.

Peace

Peace is within me.

Compassion

I am compassionate toward myself and others.

Relationships

I choose life-enhancing relationships.

Courage

I have the courage to confront difficult feelings and experiences

Authenticity

Being authentic is more important than being perfect.

Personal Growth

My heart and mind are open to new ideas, experiences, and people.



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