



I AM A READER

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Affirmations are positive statements that can help challenge and overcome self-sabotaging and negative thoughts. They reprogram the subconscious mind to encourage belief in certain things about ourselves, the world, and our place within in it. When we repeat them often we can start to see positive changes.

**I AM A READER
I ENJOY READING
READING IS NATURAL FOR ME
EVEN WHEN READING IS CHALLENGING, I'M STILL A GOOD READER
READING INCREASES MY BRILLANCE
I ENJOY READING
I AM A READER**