



I Am Safe

Daily affirmation cards & a gentle
breathing practice

A free companion set



Calm Moments – a Lomholt-Thomsen project

I AM SAFE



I am safe. I am calm.
I am grounded
in the present moment.



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Every breath I take
brings me peace.



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I am enough just as I
am.



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I deserve happiness.



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I AM SAFE



I radiate confidence
and light.



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