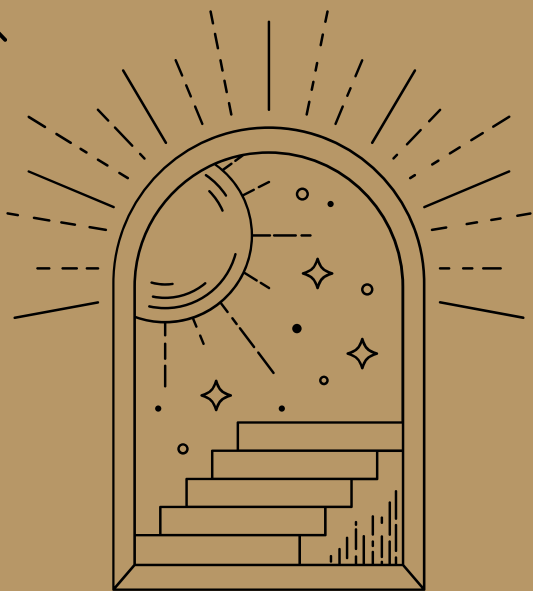




25

WALK AND TALK THERAPY
AFFIRMATIONS



EVERY STEP I TAKE BRINGS
ME CLOSER TO HEALING



WALKING IN NATURE HELPS
ME FEEL CALM AND
CENTERED



WITNESSING CHANGES IN
NATURE ALLOWS ME TO
ACCEPT MY OWN
SEASONS



I AM CAPABLE OF
OVERCOMING ANY
CHALLENGE I FACE



MOVING MY BODY
HELPS ME RELEASE
STRESS AND TENSION



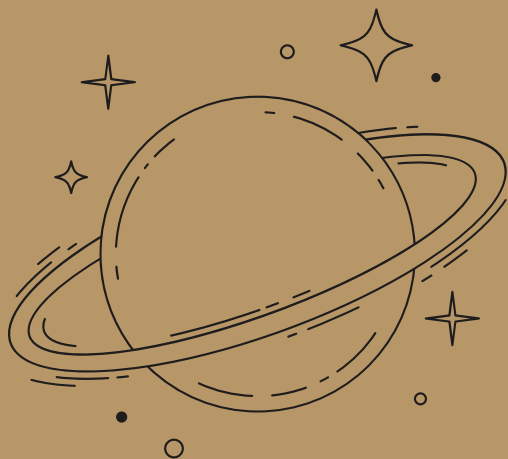
THE NATURAL
WORLD IS A SOURCE
OF STRENGTH AND
INSPIRATION FOR ME



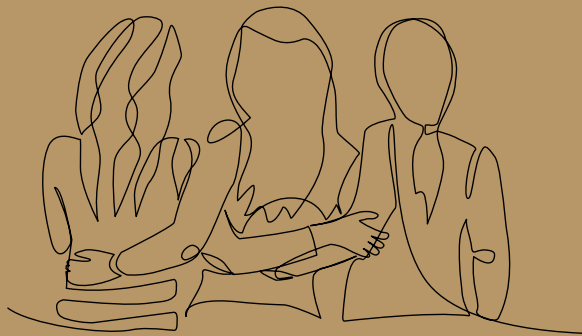
I TRUST MY INTUITION
AND INNER WISDOM
TO GUIDE ME



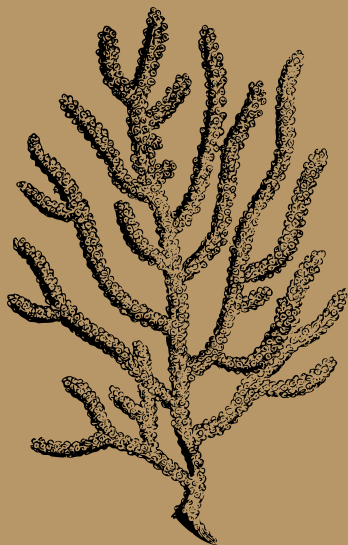
BEING OUTSIDE HELPS
ME GAIN A NEW
PERSPECTIVE ON MY
PROBLEMS



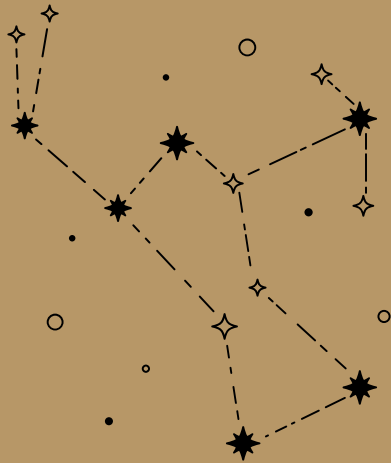
I AM WORTHY OF
LOVE AND RESPECT,
JUST AS I AM



I AM STRONG,
CAPABLE, AND
RESILIENT



EACH WALK AND TALK
SESSION BRINGS ME
CLOSER TO MY
GOALS



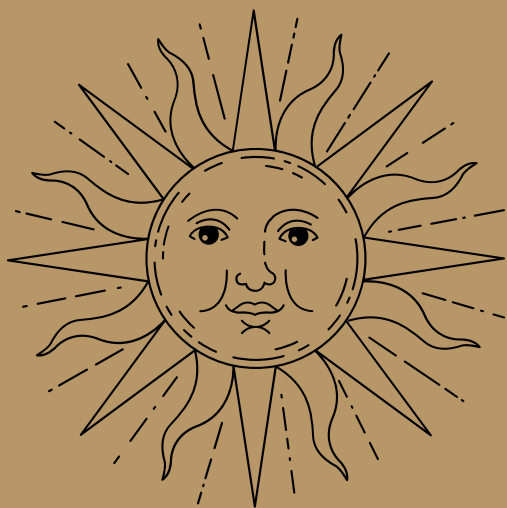
I AM GRATEFUL FOR
THE OPPORTUNITY TO
CONNECT WITH
NATURE AND WITH
MYSELF



WALKING AND TALKING
HELPS ME RELEASE
NEGATIVE THOUGHTS
AND EMOTIONS



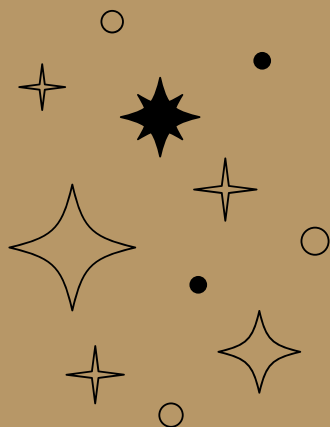
NATURE HAS THE
POWER TO HEAL
AND RESTORE MY
MIND AND BODY



I TRUST THAT
EVERYTHING IS
HAPPENING FOR MY
HIGHEST GOOD



EVERY STEP I TAKE HELPS
ME MOVE TOWARDS
GREATER PEACE AND
FULFILLMENT



I AM WORTHY OF
JOY, HAPPINESS,
AND ABUNDANCE



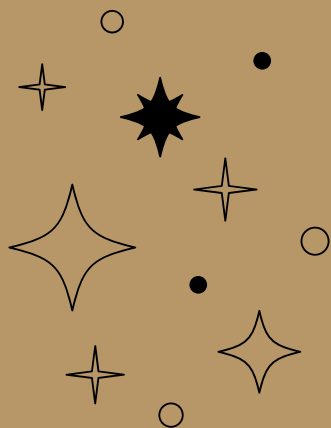
WALKING AND
TALKING HELPS ME
CONNECT WITH
MY TRUE SELF



I AM OPEN TO
RECEIVING
GUIDANCE AND
SUPPORT



I AM GRATEFUL FOR
THE BEAUTY AND
WONDER OF THE
NATURAL WORLD



EACH WALK AND TALK
SESSION HELPS ME
CULTIVATE GREATER
SELF-AWARENESS



THE PATH AHEAD OF
ME IS FILLED WITH
INFINITE
POSSIBILITIES



I LOOK AROOUND
AND KNOW THAT
EVERYTHING IS HOW
IT'S MEANT TO BE
TODAY



WALKING AND TALKING
HELPS ME TAP INTO MY
CREATIVITY AND
INSPIRATION



I AM CAPABLE OF
ACHIEVING MY
DREAMS AND
GOALS