

Celebrate YOURSELF

Take some time this month to celebrate yourself as well as your heart (February is heart month) and name two positive quality or characteristic about yourself.

Some examples of positive thoughts and affirmations are:

I am successful

I am confident

I am powerful

I am strong

1. _____

2. _____



Please submit to NMPSIA.wellness@phs.org for a chance to win a prize.

Name:

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