

- DETOXIFICATION / AFFIRMATION -

I am beautiful,  
inside and out.



TrishBlackwell  
BE YOU BE FREE.

- DETOXIFICATION / AFFIRMATION -

Everything I  
need, I have.



TrishBlackwell  
BE YOU BE FREE.

- DETOXIFICATION / AFFIRMATION -

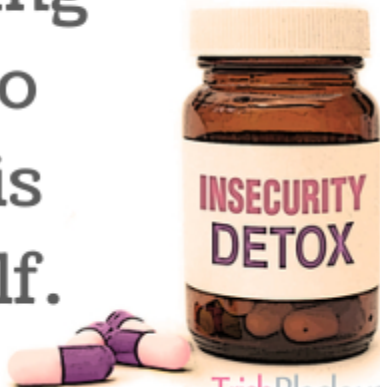
My story is  
unique, as is  
my purpose.



TrishBlackwell  
BE YOU BE FREE

- DETOXIFICATION / AFFIRMATION -

The only thing  
I need to do  
everyday is  
to be myself.



TrishBlackwell  
BE YOU BE FREE

- DETOXIFICATION / AFFIRMATION -

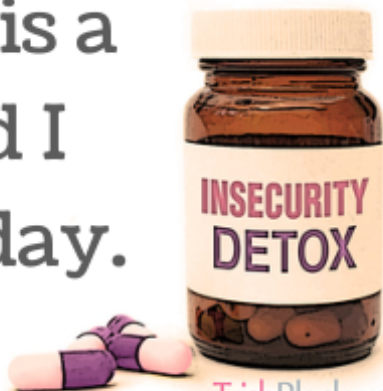
I am a product of my thoughts and I will not allow negative or insecure, self-doubting thoughts to be a part of who I am anymore.



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BE YOUR BEST

- DETOXIFICATION / AFFIRMATION -

Confidence is a  
choice, and I  
choose it today.



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BE YOU BE FREE.

- DETOXIFICATION / AFFIRMATION -

I am a creature  
of love and  
today I choose  
love over fear.



TrishBlackwell  
BE YOUR BEST

- DETOXIFICATION / AFFIRMATION -

**Boldness is  
ingrained in me and  
I revel in embracing  
challenges.**





- DETOXIFICATION / AFFIRMATION -

I will not settle in life;  
I know what I am  
worth and I will pursue  
being the absolute best  
version of me each and  
every day I live.



- DETOXIFICATION / AFFIRMATION -

Gratitude paves my  
perspective and paints  
my world with a fresh  
understanding that I am  
indeed blessed, loved and  
talented.

