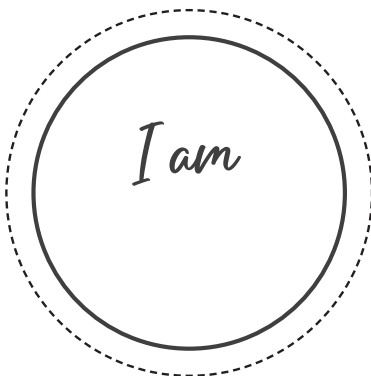


SELF-LOVING TALK

IMPROVES YOUR SELF ESTEEM, ENHANCES RELATIONSHIPS,
AND PROMOTES A POSITIVE OUTLOOK ON LIFE.

Train your brain to default to kindness, compassion,
and encouragement with positive affirmations.



**MAKE YOUR OWN SET OF POSITIVE
THOUGHTS AND PUT THEM
SOMEWHERE YOU SEE THEM
EVERYDAY**



Call Lifeassist to find out how you can get help.



Call **0860 111 322**
WhatsApp (Text) 061 438 7903

Callback *134*20068#
help@lifeassist.co.za
www.yourlifeassist.co.za/sunint

