



# The Purejoojoo Guide to Life: Change Your Life by Changing Your Thoughts

*Isabel Mar*

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CHANGE YOUR LIFE BY CHANGING YOUR THOUGHTS. It is possible to change your life right now. It begins with a single thought . . . CHOOSE TO BEGIN. Take a moment and think about this: I AM Three letters. Two words. One powerful thought. I am enough. I am capable. I am worthy. I am deserving. I am loved. I am beautiful. I am alive! Instead of focusing on what we are not, imagine if we focused all of our thoughts on everything that we already are. Stop waiting to live your life. Take the first step towards creating positive change "for good" Give yourself the gift.

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