




22

SELF-CARE
AFFIRMATIONS


ROSEMARY DUGAN WELLNESS



I AM IN CHARGE
OF HOW I FEEL,
AND TODAY I
CHOOSE JOY




I AM DESERVING
OF EVERY DREAM
I CHASE AND
EVERY GOAL I
REACH




EVERY 'NO' LEADS
ME CLOSER TO A
'YES' THAT
CHANGES
EVERYTHING



I LOVE AND
ACCEPT MYSELF
UNCONDITIONALLY
JUST AS I AM




I AM WORTHY OF
LOVE, SUCCESS,
AND ALL THINGS
MAGNIFICENT



I AM STRONG,
I AM RESILIENT,
AND I AM
UNSTOPPABLE



BY EMBRACING
SELF-LOVE DAILY,
I BUILD A
FOUNDATION
THAT CAN
SUPPORT ALL MY
ENDEAVOURS



I OWE IT TO MY
DREAMS AND
ASPIRATIONS TO
NURTURE MY
MIND, BODY, AND
SPIRIT



I DESERVE THE
LOVE I GIVE TO
EVERYONE ELSE
I AM WORTHY




I AM A FORCE TO
BE RECKONED
WITH



SMILE, BREATHE
AND GO SLOWLY




SELF-CARE IS HOW
YOU TAKE YOUR
POWER BACK -
TAKE IT BACK NOW



TODAY, I TAKE A
STEP CLOSER TO
THE LIFE I
ENVISION,
KNOWING I AM
DESERVING OF
EVERY BIT OF IT.



I HAVE THE POWER
TO CHANGE,
EVOLVE, AND
GROW.



MY DREAMS ARE
VALID, MY
PASSION IS REAL,
AND MY WORK IS
VALUABLE



EVERY MOMENT I
INVEST IN MYSELF
IS AN INVESTMENT
IN A BRIGHTER,
BOLDER FUTURE



I AM OPEN TO
THE MIRACLES OF
TODAY




SELF-CARE ISN'T
SELFISH; IT'S AN
ACT OF LOVE TO
MYSELF AND A
COMMITMENT TO
MY PURPOSE




THE UNIVERSE
SUPPORTS MY
JOURNEY TO
PEACE AND REST



I AM COMMITTED
TO SHOWING UP
AS MY BEST SELF,
AND THAT STARTS
WITH TAKING
CARE OF ME FIRST



I AM A BETTER
FRIEND, PARTNER,
AND CREATOR
WHEN I'VE TAKEN
THE TIME TO FILL
MY CUP FIRST.



I AM IN CHARGE OF
MY WELL-BEING,
AND I GIVE MYSELF
PERMISSION TO
PRIORITISE SELF-
CARE

Rosemary is highly regarded in the health, fitness, and wellness forums with a unique depth of experience in Eastern modalities and philosophies. Her previous roles in the entertainment industry, and tertiary education through lecturing have formed a career built on hands-on experience, professionalism, integrity, and trust. With a pedigree in creativity and innovation, she is more than qualified to lead, train, coach, and provide supportive services for clients.

The success stories are many, with a long list of loyal clients who back her work wholeheartedly.

Rosemary is gradually leaving a growing legacy of spiritual fitness as the core of holistic wellness. Her fitness and wellness classes have a huge following of clients who have improved in health, strength, confidence, and well-being.

