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“I fall, I rise, I make mistakes, I live, I learn, I’ve been hurt but I am alive. I’m human. I am not perfect but I am grateful”.

Anne-Maria Yrityys

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**“Be proud of who
you are and not
ashamed of how
others see you”.**

Anne-Maria Yrityts

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**“I may not be perfect
but parts of me are
pretty awesome”.**

Anne-Maria Yrityts

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**“What you think of
yourself is much
more important
than what other
people think of you”.**
Anne-Maria Yrityys

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**“Be a girl with a
mind, a woman with
attitude and a lady
with class”.**

Anne-Maria Yritys

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“Too glam to give a damn”.

Anne-Maria Yrity

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**“Confidence is
contagious. Catch it.
Spread it”.**

Anne-Maria Yrity

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**“Until you make the
unconscious
conscious it will
direct your life and
you will call it fate”.
Anne-Maria Yrityts**

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**“Arrogance requires
advertising.
Confidence speaks
for itself”.**

Anne-Maria Yrity

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**“It takes a lot of
pressure to create a
diamond”.**

Anne-Maria Yritys

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**“What if I fall? Oh,
my darling, what if
you fly”?**

Anne-Maria Yritys

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**“Better to be the one
who smiled than the
one who did not
smile”.**

Anne-Maria Yrityts

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**“How would your
life change if your
self-esteem
improved”?**

Anne-Maria Yritys

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“Confidence is something you create within yourself by believing in who you are”.

Anne-Maria Yrityys

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**“Nothing is more
attractive than quiet
confidence”.**

Anne-Maria Yrity

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**“If you have always
cared of what others
think of you, you
have not lived your
own life yet”.**

Anne-Maria Yrityts

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**“Wear your
confidence like a
badge of honor”.**

Anne-Maria Yritys

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**“To gain confidence
in conversations,
pay attention to the
other person instead
of your own
insecurities”.**

Anne-Maria Yrityts

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“No matter how many times you break down, there is always a piece of you saying, NO, you are not done yet - get back up”!

Anne-Maria Yrity

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**“Always follow your
dreams. Do not let
anyone tell you that
you cannot be
something”.**

Anne-Maria Yrity

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**“There is only one
way to avoid
criticism: do
nothing, say nothing
& be nothing”.**

Anne-Maria Yrity's

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**“The road to
confidence is paved
by daily
accomplishments”.**

Anne-Maria Yritys

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**“I am not a woman. I
am a force of
nature”.**

Anne-Maria Yrity

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**“It is not who you
are that holds you
back. It is who you
think you are not”.**

Anne-Maria Yrity's

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**“I am brave, fearless,
bold and strong”.**

Anne-Maria Yrityys

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“Your life only gets better when you do. Work on yourself and the rest will follow”.

Anne-Maria Yrity

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**“Authenticity is the
daily practice of
letting go of who we
think we are
supposed to be and
embracing who we
are”.**

Anne-Maria Yrityts

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“You are never too old to set a new goal or to realize a new dream”.

Anne-Maria Yrityys

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**“If you don’t see
yourself as a winner,
then you cannot
perform as a
winner”.**

Anne-Maria Yrity

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**“There is no
competition because
nobody can be you.
You are unique”.**

Anne-Maria Yrityts

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**“Give it all you got.
You never know if
there is going to be a
next time”.**

Anne-Maria Yrity

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“Confidence does not come from having all the answers but when you are ready to face all the questions”.

Anne-Maria Yrity's

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**“Sometimes it’s not
the lack of ability
but the lack of
confidence that
prevents us from
achieving what we
really want”.**
Anne-Maria Yrityys

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**“The smile is any
woman’s most
beautiful curve”.**

Anne-Maria Yritys

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**“A little progress
each day adds up to
big results”.**

Anne-Maria Yritys

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**“Confidence
energises while fear
disempowers.
Self-belief
strengthens while
fear weakens”.**

Anne-Maria Yrityts

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**“Confidence is 10%
hard work and 90%
delusion”.**

Anne-Maria Yrity

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**“Confidence is the
ability to feel
beautiful without
needing someone to
tell you”.**

Anne-Maria Yrityts

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**“Successful people
have fear, successful
people have doubts
& successful people
have worries. They
just don’t let these
feelings stop them”.**
Anne-Maria Yrityys

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**“Do at least one
thing every day that
scares you”.**

Anne-Maria Yrity

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**“Why focus on your
weaknesses when
you have so many
strengths”?**

Anne-Maria Yrity

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**“Confidence lights
the way”.**

Anne-Maria Yritys

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“Confidence is beautiful, no matter your size, no matter your weight - be confident in who you are and you will be beautiful”.

Anne-Maria Yrity

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**“It is not your job to
like me - it is mine”.**

Anne-Maria Yrityts

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**“Confidence and
intelligence will
never stop being
beautiful”.**

Anne-Maria Yrity

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**“To guarantee
success, act as if it
were impossible to
fail”.**

Anne-Maria Yrityys

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“There is no need to be perfect to inspire others. Let others get inspired by how you deal with your imperfections”.

Anne-Maria Yrity's

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“A true leader has the confidence to stand alone, the courage to make tough decisions & the compassion to listen to the needs of others”.

Anne-Maria Yrity

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**“Believe in yourself.
You deserve to
accomplish your
goals”.**

Anne-Maria Yrityts

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**“Humble on the
outside, confident
on the inside”.**

Anne-Maria Yritys

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**“Always talk to
yourself with love
and respect”.**

Anne-Maria Yritys

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**“Don’t allow anyone
to dim your shine
because they are
blinded”.**

Anne-Maria Yritys

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**“I didn’t change. I
just found myself”.**

Anne-Maria Yrityts

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**“Stop doubting
yourself. Work hard
& make things
happen”.**

Anne-Maria Yrity

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**“Accept your past
without regret,
handle your present
with confidence &
face your future
fearlessly”.**

Anne-Maria Yrity

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“A woman who does not require validation from anyone is perhaps the most feared individual on Earth”.

Anne-Maria Yrity

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“When you have confidence, you can have a lot of fun. When you have fun, you can accomplish amazing things”.

Anne-Maria Yrityts

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**“The more you love
your decisions, the
less you need others
approval”.**

Anne-Maria Yrity

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**“Never say anything
about yourself that
you do not want to
come true”.**

Anne-Maria Yrity

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**“You don’t have to
be perfect to be
amazing”.**

Anne-Maria Yritys

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**“Your greatest
wisdom comes from
embracing your
mistakes”.**

Anne-Maria Yrityts

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**“Struggle is just
another word for
growth”.**

Anne-Maria Yritys

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**“Always act like you
are wearing an
invisible crown”.**

Anne-Maria Yrity

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“Do not live down to expectations. Go out there and do something amazing”.

Anne-Maria Yrity

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“When you are comfortable in your own skin you are beautiful. Confidence is the best makeup you could ever wear”.

Anne-Maria Yrityts

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**“Life never gets
easier but you
always get better”.**

Anne-Maria Yrity's

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“A mentor’s greatest gift is not always her guidance, but rather the confidence she can give you to move forward and take action”.

Anne-Maria Yritys

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**“People who
repeatedly attack
your confidence &
self-esteem are quite
aware of your
potential, even if you
are not”.**

Anne-Maria Yrityts

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**“Confidence comes
from discipline and
training”.**

Anne-Maria Yrity

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**“Confidence is
preparation.
Everything else is
beyond your
control”.**

Anne-Maria Yrityts

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**“Be yourself - that is
everything you need
to be”.**

Anne-Maria Yrity

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“If you have no confidence in self, you will be twice defeated in life”.

Anne-Maria Yrityts

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**“Confidence is the
sexiest thing a
woman can wear”.**

Anne-Maria Yrity

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“Opinions are not facts. Stop worrying about what people think about you”.

Anne-Maria Yrityys

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**“Show up in every
single moment like
you are meant to be
there”.**

Anne-Maria Yritys

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**“Confidence comes
from not always
being right but from
not fearing to be
wrong”.**

Anne-Maria Yrityys

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**“Inhale confidence.
Exhale doubt”.**

Anne-Maria Yritys

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**“I know what I bring
to the table. So trust
me when I say that I
am not afraid to eat
alone”.**

Anne-Maria Yritys

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**“Beauty is
self-confidence
applied directly to
the face”.**

Anne-Maria Yrityts

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**“The best way to
gain self-confidence
is to do what you are
afraid to do”.**

Anne-Maria Yrityts

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“Confidence comes from not always being right but from not fearing to be wrong”.

Anne-Maria Yrity

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**“Admire someone
else’s beauty
without questioning
your own”.**

Anne-Maria Yrityts

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“Don’t compare your life to others. There is no comparison between the sun and the moon. They shine when it is their time”.

Anne-Maria Yrityys

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**“Those who are not
courageous enough
to take risks will
accomplish nothing
in life”.**

Anne-Maria Yrityts

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**“Self-confidence is
the first requisite to
great
undertakings”.**

Anne-Maria Yrityts

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**“Optimism is the
faith that leads to
achievement.
Without hope and
confidence, nothing
can be achieved”.**

Anne-Maria Yrity's

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**“I will never
apologize for being
me. You should
apologize for asking
me to be anything
else”.**

Anne-Maria Yrity's

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**“When you doubt
your power, you give
power to your
doubt”.**

Anne-Maria Yrityts

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“Confidence is like a muscle. The more you use it, the stronger it gets”.

Anne-Maria Yrityys

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**“Your mind will
always believe
everything you tell
it. Feed it with faith,
truth & love”.**

Anne-Maria Yrity

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**“Confidence may not
always bring success
but it definitely
gives power to face
any challenge”.**

Anne-Maria Yrity

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**“True confidence
has no space for
negativity. When
you know you are
great, you have all
reasons to be
positive”.**

Anne-Maria Yrityts

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“A strong, positive self-image is the best possible preparation for success in life”.

Anne-Maria Yritys

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**“Do not mix
confidence with
arrogance”.**

Anne-Maria Yritys

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**“Authenticity is easy
when you believe in
yourself and know
that you are
enough”.**

Anne-Maria Yrity

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“Never underestimate your strength, never overestimate your weakness”.

Anne-Maria Yrityts

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“Self-confidence is the most attractive quality a person can have. How can anyone see how great you are if you do not see it yourself”?

Anne-Maria Yrityts

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**“Be humble yet
courageous”.**

Anne-Maria Yrityts

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**“Confidence is
silent. Insecurities
are loud”.**

Anne-Maria Yrity's

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**“You have to believe
in yourself even
when no one else
does”.**

Anne-Maria Yrityys

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