

Editing The Instagram Carousels

1. You will need Canva to edit the templates. [Get a free account here](#).
2. Select a carousel from below.
3. Click on “Use Template” to make a copy.
4. Start editing.

5 Positive Self-Affirmations You Can Adopt Right Now

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5 Reasons Why Regular Mindfulness Practice Is Important

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5 Signs To Identify If You Think You're Dealing With Toxic People

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5 Tips To Conquer Setbacks on the Road to Greatness

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5 Tips to Overcome Your Fear of Judgment

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5 Ways To Pursue Your Dreams And Aspirations Without Apology

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How to Adopt a Positive Growth Mindset

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How to Flip the Script from Negative Self-Talk and Thoughts

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How To Silence Your Negative Inner Critic

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How To Start A Self-Care Routine As Soon As Right Now

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