

100 Affirmations to Shift Your Mindset
and Transform Your Life

DON'T DIE
BROKE
AFFIRMATIONS
BOOKLET

Created With Love By
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www.lisgow.com

INTRODUCTION

What are affirmations?

Affirmations are positive things you speak about yourself and over your life. The Bible tells us there is life and death in the power of the tongue because you have the ability to speak life into your circumstances. What you speak about—and meditate on—becomes your reality.

Why are affirmations important?

Sadly, most of us are our own worst critics. We either accept limiting labels others have placed on us or we hold ourselves to impossible standards, then tear ourselves down when we fall short. And because we are imperfect humans, we will often fall short.

I explore this in more detail in the “*Change Your Negative Self-Talk*” section of Chapter 4 in *Don’t Die Broke: Your Step-By-Step Guide To The Life You Desire*.

You see, over time, that negative self-talk becomes our truth. It convinces us we’re not good enough, not ready, not worthy, or not capable. But to create the life you desire, you must reprogram your mind to believe you are worthy of it.

Stop mistaking humility for limitation. Wanting more isn't greed. It's growth. Be your own biggest cheerleader, because most of the time, no one else will. I had to learn this the hard way, when I believed the lies I told myself about being worthless and destined to fail. The longer I believed those lies, the longer my life remained the same. My life only changed when I changed my words and my thoughts.

How you talk to yourself matters. Whatever follows "I am" becomes your reality. So speak life into yourself every single day.

How to use the affirmations in this booklet

There are one hundred (100) affirmations here to get you started. You can personalize any of them as you see fit. Start by looking at yourself in the mirror and speaking these affirmations aloud.

Repeat them as many times as needed until you truly believe the words you speak. Even if it feels challenging at first, practicing daily affirmations can make a remarkable difference in how you see your life. You don't need to say all one hundred every day—you could choose one each day for one hundred days. Just imagine how your mindset will shift after speaking positive words over your life for one hundred days in a row!

Make it a daily habit to speak these declarations—or ones you create yourself—over your life, and watch your life transform in ways you never imagined.

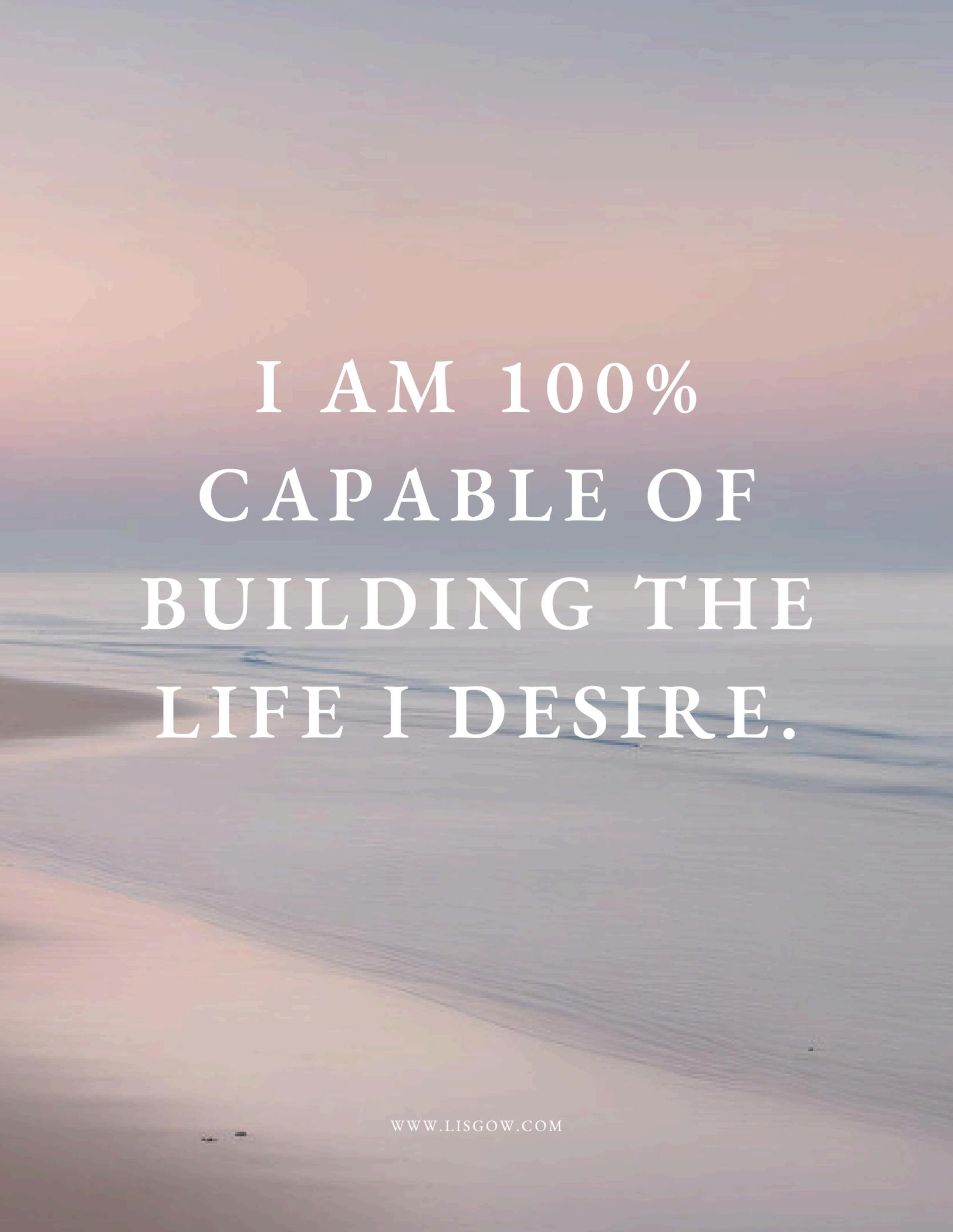
-Lis

A black silhouette of a woman with long hair, wearing a long-sleeved top and leggings, walking towards the right. The silhouette is centered in the background of the page.

Here are Fifty
Affirmations To
Jumpstart Your Journey

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IN THE NAME
OF JESUS, I
DECLARE AND
AFFIRM:



I AM 100%
CAPABLE OF
BUILDING THE
LIFE I DESIRE.



I EMBRACE
GROWTH AND
WELCOME
CHANGE.



I AM GRATEFUL
FOR THE
BLESSINGS IN
MY LIFE.

The background of the image is a soft-focus photograph of a sunset or sunrise. The sky is a mix of warm orange, yellow, and light blue tones. In the foreground, the dark, textured surface of a wooden boat is visible, with a small portion of a white wake or ripple in the water on the right side. The overall mood is peaceful and contemplative.

I AM CREATING
THE FUTURE I
WANT TO LIVE
IN.



I AM WORTHY
OF THE
FINANCIAL
FREEDOM AND
SUCCESS I
DESIRE.

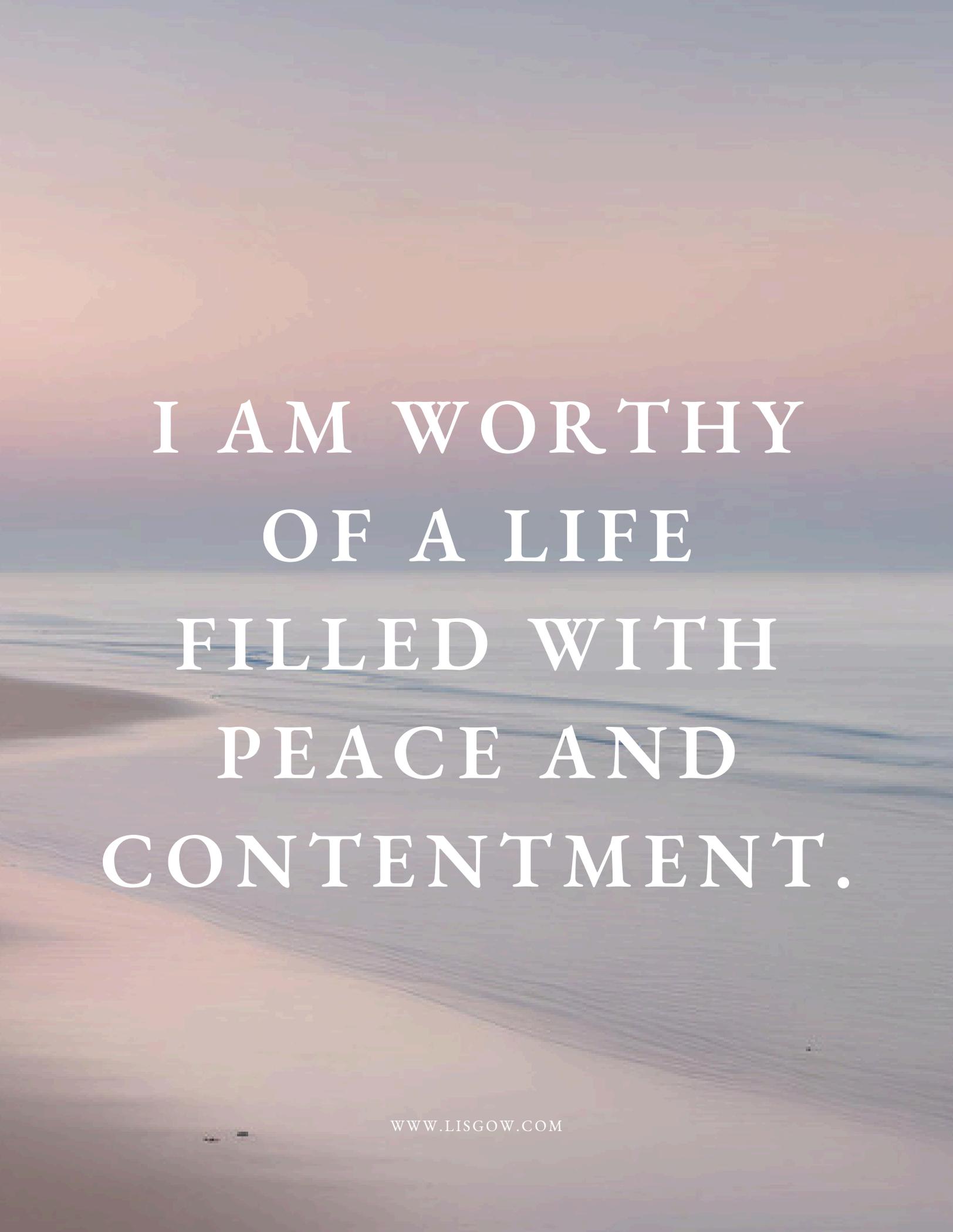
I ATTRACT
OPPORTUNITIES
REGULARLY.

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I ATTRACT
POSITIVE
EXPERIENCES.

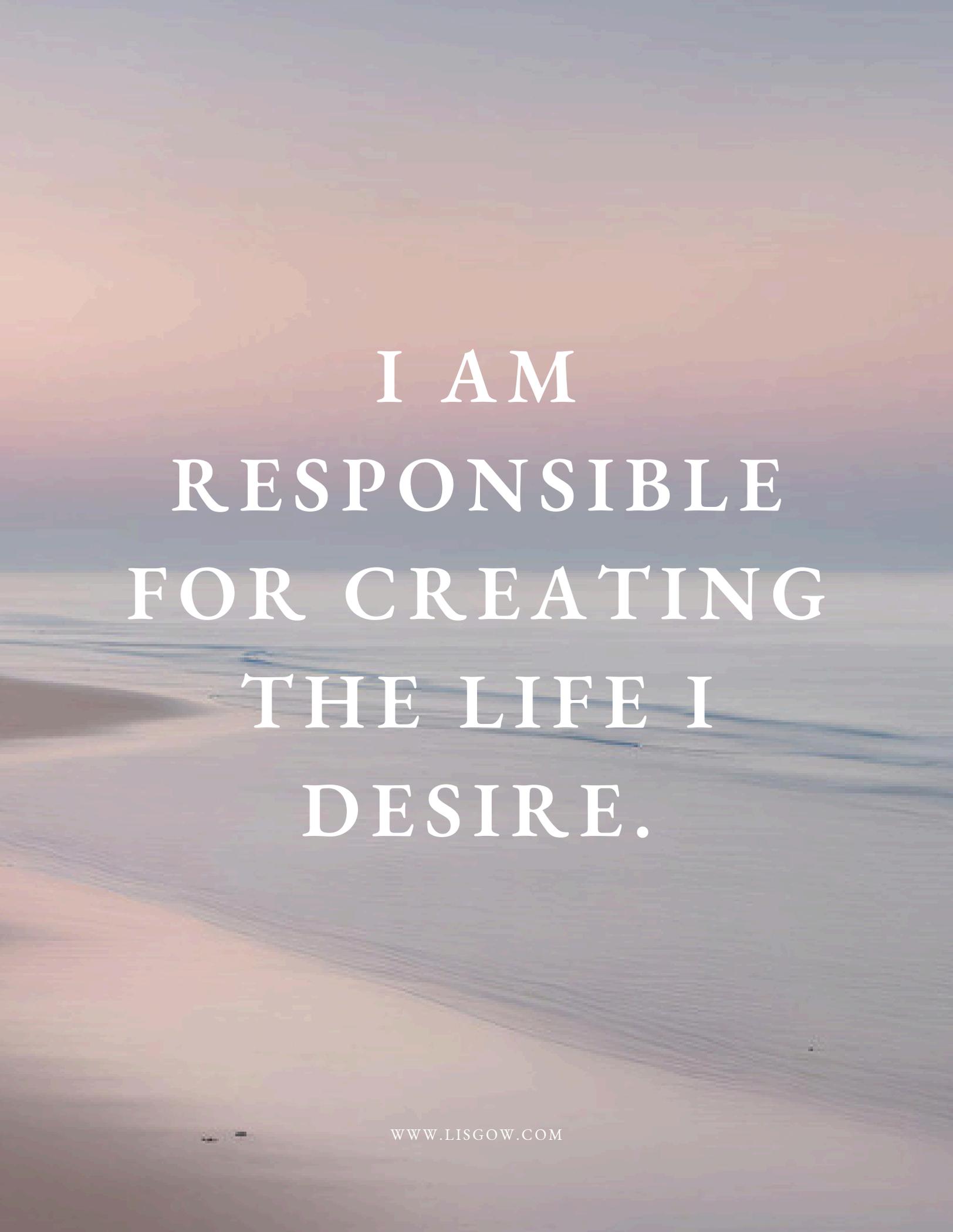
I AM
INTENTIONAL
WITH MY TIME,
ENERGY AND
RESOURCES

A serene sunset over a beach with waves. The sky is a mix of soft pinks, oranges, and blues, transitioning into a calm sea with gentle waves washing onto a sandy shore. The overall mood is peaceful and contemplative.

I AM WORTHY
OF A LIFE
FILLED WITH
PEACE AND
CONTENTMENT.



I TAKE
RESPONSIBILITY
FOR MY
ACTIONS.



I AM
RESPONSIBLE
FOR CREATING
THE LIFE I
DESIRE.



I AM NOT
AFRAID TO
STEP OUTSIDE
OF MY
COMFORT
ZONE.



I AM
COMMITTED TO
ACHIEVING MY
GOALS.

The background of the image is a soft-focus photograph of a sunset or sunrise. The sky is a mix of warm orange, yellow, and light blue tones. In the foreground, the dark, silhouetted hull of a wooden boat is visible, floating on a body of water. The overall mood is serene and inspirational.

I CAN
OVERCOME ANY
OBSTACLE.



MY FINANCIAL
SITUATION IS
IMPROVING
EVERY DAY.

The background of the image is a soft-focus photograph of a sunset or sunrise. The sky is a mix of warm orange, yellow, and light blue tones. In the foreground, the dark, textured surface of a wooden boat is visible, with its curved hull and a small portion of a rowing oar on the right side. The overall mood is serene and contemplative.

I AM
COMMITTED TO
PERSONAL
GROWTH.



MY HABITS ARE
HEALTHY AND
IN ALIGNMENT
WITH MY
GOALS.



I ATTRACT
SUCCESS AND
PROSPERITY.

A serene sunset over a beach. The sky is a mix of soft pinks, oranges, and blues. The ocean waves are gently washing onto the sandy shore, creating a rhythmic pattern of white foam and wet sand. The overall mood is calm and peaceful.

I MAKE SMART
FINANCIAL
DECISIONS.

The background of the image is a soft-focus photograph of a sunset or sunrise. The sky is a mix of warm orange, yellow, and light blue tones. In the foreground, the dark, silhouetted hull of a wooden boat is visible, floating on a body of water. The overall mood is serene and contemplative.

I LET GO OF
FEAR AND
EMBRACE NEW
OPPORTUNITIES.



I SET MY
FUTURE SELF
UP FOR
SUCCESS BY
MAKING WISE
CHOICES EVERY
DAY.

The background of the image is a soft-focus photograph of a sunset or sunrise. The sky is a mix of warm orange, yellow, and light blue tones. In the foreground, the dark, silhouetted hull of a wooden boat is visible, floating on a body of water. The overall mood is serene and contemplative.

I AM IN
CONTROL OF
MY DESTINY.



I BELIEVE IN
MYSELF AND MY
VISION FOR MY
FUTURE.

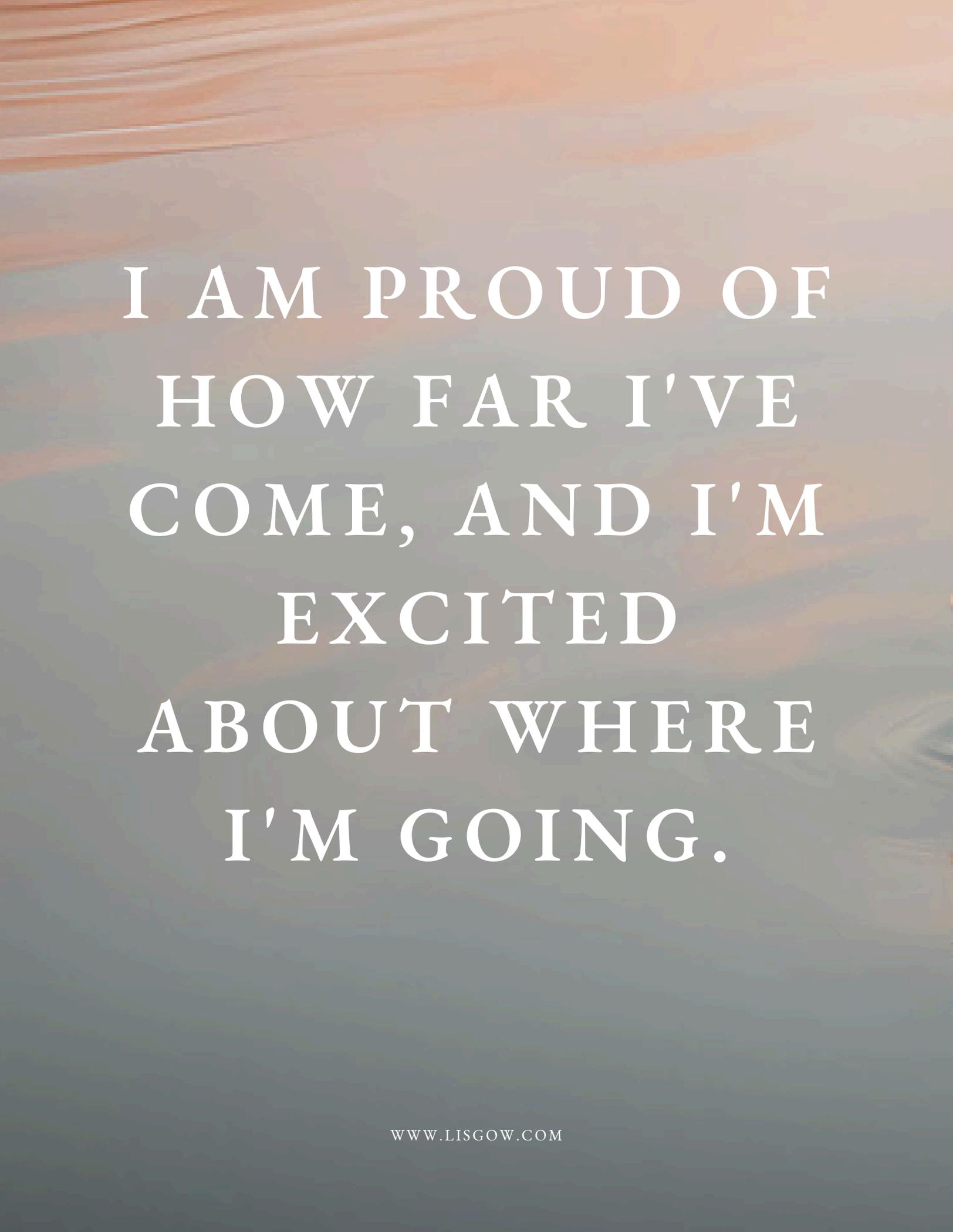
The background of the image is a soft-focus photograph of a sunset or sunrise. The sky is a mix of warm orange, yellow, and light blue tones. In the foreground, the dark, silhouetted hull of a wooden boat is visible, floating on a body of water. The overall mood is serene and contemplative.

I AM
FINANCIALLY
RESPONSIBLE.

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I ATTRACT
WEALTH AND
ABUNDANCE.



I AM PROUD OF
HOW FAR I'VE
COME, AND I'M
EXCITED
ABOUT WHERE
I'M GOING.



I AM WORTHY
OF MY VERSION
OF SUCCESS.

The background of the image is a composite of two textures. The top portion shows a close-up of a wooden surface with horizontal grain lines, transitioning into a soft, painterly landscape. The landscape features a body of water in the foreground with gentle ripples, and a sky with soft, blended colors of orange, pink, and blue, suggesting a sunset or sunrise. The overall mood is serene and contemplative.

I DESERVE
HAPPINESS.

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I AM
DISCIPLINED
AND
CONSISTENT
WITH MY
EFFORTS.

The background of the image is a soft-focus photograph of a sunset or sunrise. The sky is a mix of warm orange, yellow, and light blue tones. In the foreground, the dark, silhouetted hull of a wooden boat is visible on the right side, with its reflection shimmering on the water's surface. The overall mood is serene and contemplative.

I VIEW
CHALLENGES AS
OPPORTUNITIES
FOR GROWTH.

A serene sunset over a beach with waves washing onto the shore. The sky is a mix of soft pinks, oranges, and blues, transitioning into a calm sea. The sand in the foreground is light and textured.

I AM CREATING
FINANCIAL
INDEPENDENCE
AND FREEDOM.

The background of the image is a soft-focus photograph of a sunset or sunrise. The sky is a mix of warm orange, yellow, and light blue tones. In the foreground, the dark, silhouetted hull of a wooden boat is visible on the right side, with its reflection shimmering on the water's surface. The overall mood is peaceful and inspirational.

I PURSUE MY
DREAMS WITH
CONFIDENCE
AND COURAGE.



I CAN
OVERCOME ANY
CHALLENGE
LIFE THROWS
AT ME BECAUSE
I AM RESILIENT.

MY MONTHLY
INCOME IS

\$ _____.

(FILL IN THE BLANK.)



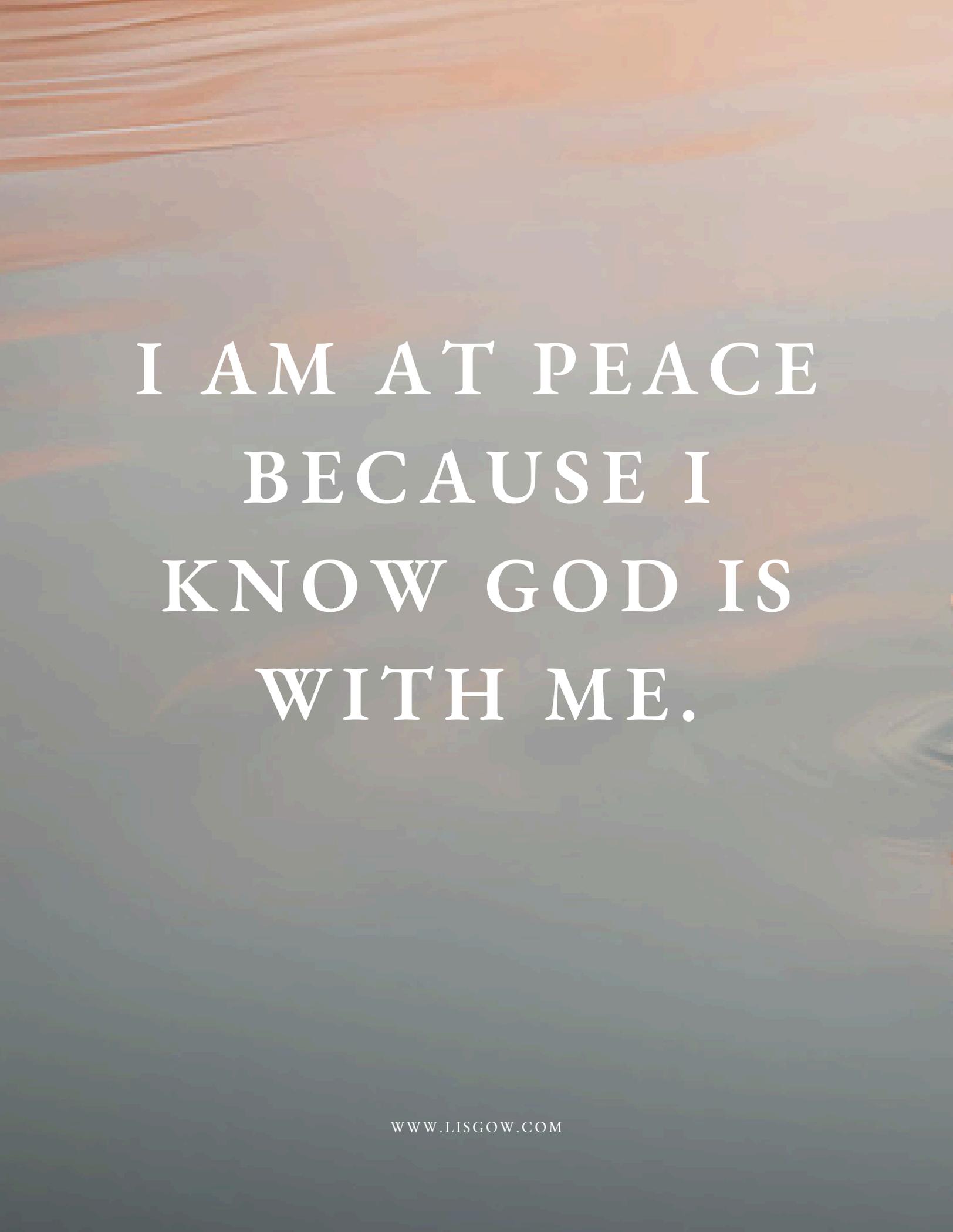
I AM
DEBT-FREE.

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I WAKE UP
EVERY DAY
ENERGIZED
AND READY TO
TAKE ON THE
DAY.



I CAN
ACCOMPLISH
ANYTHING I
SET MY MIND
TO.

The background of the image is a soft-focus photograph of a sunset or sunrise. The sky is a mix of warm orange, yellow, and light blue tones. In the foreground, the dark, curved hull of a wooden boat is visible, partially submerged in the water. The overall mood is peaceful and serene.

I AM AT PEACE
BECAUSE I
KNOW GOD IS
WITH ME.



I AM WORTHY
OF THE LOVE
AND SUCCESS I
DESIRE.

The background of the image is a soft-focus photograph of a sunset or sunrise. The sky is a mix of warm orange, yellow, and light blue tones. In the foreground, the dark, silhouetted hull of a wooden boat is visible, floating on a body of water. The overall mood is peaceful and serene.

I AM BLESSED
AND HIGHLY
FAVORED.

I HAVE A
GROWING
SAVINGS
ACCOUNT WITH
A MINIMUM
BALANCE OF

\$ _____.

(FILL IN THE BLANK.)

I AM AN
EXCELLENT
MONEY
MANAGER.

A serene sunset over a beach with waves. The sky is a mix of soft pinks, oranges, and blues, with the sun low on the horizon. The ocean is calm with gentle waves lapping at the shore. The sand is a light, warm tone.

I VALUE THE
RESOURCES
GOD HAS GIVEN
ME.

I RELEASE
MYSELF FROM
ANY SELF-
LIMITING
THOUGHTS AND
BELIEFS THAT
HOLD ME BACK.

A serene sunset over a beach. The sky is a mix of soft pinks, oranges, and blues. The ocean waves are gently breaking on the shore, and the sand dunes in the foreground are bathed in the warm light of the setting sun.

I HAVE FULL
CONTROL OVER
MY THOUGHTS,
AND I THINK
POSITIVELY.



MY VISION FOR
MY IDEAL LIFE
IS CLEAR AND
ACHIEVABLE.



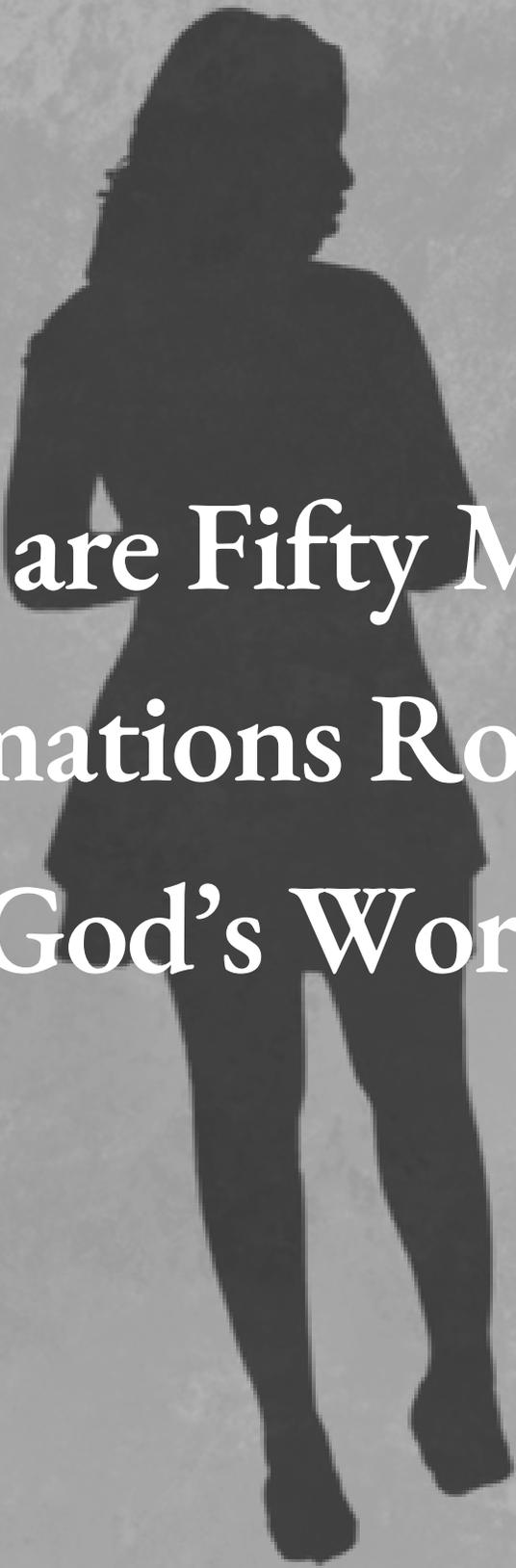
I BELIEVE IN
MYSELF AND
MY ABILITY TO
CREATE MY
IDEAL FUTURE.

I ACTIVELY
MAKE
DECISIONS
THAT ALIGN
WITH THE LIFE
I DESIRE.

A serene sunset over a beach. The sky is a mix of soft pinks, oranges, and blues. The ocean waves are gentle and rhythmic, washing onto a sandy beach. The overall mood is peaceful and inspiring.

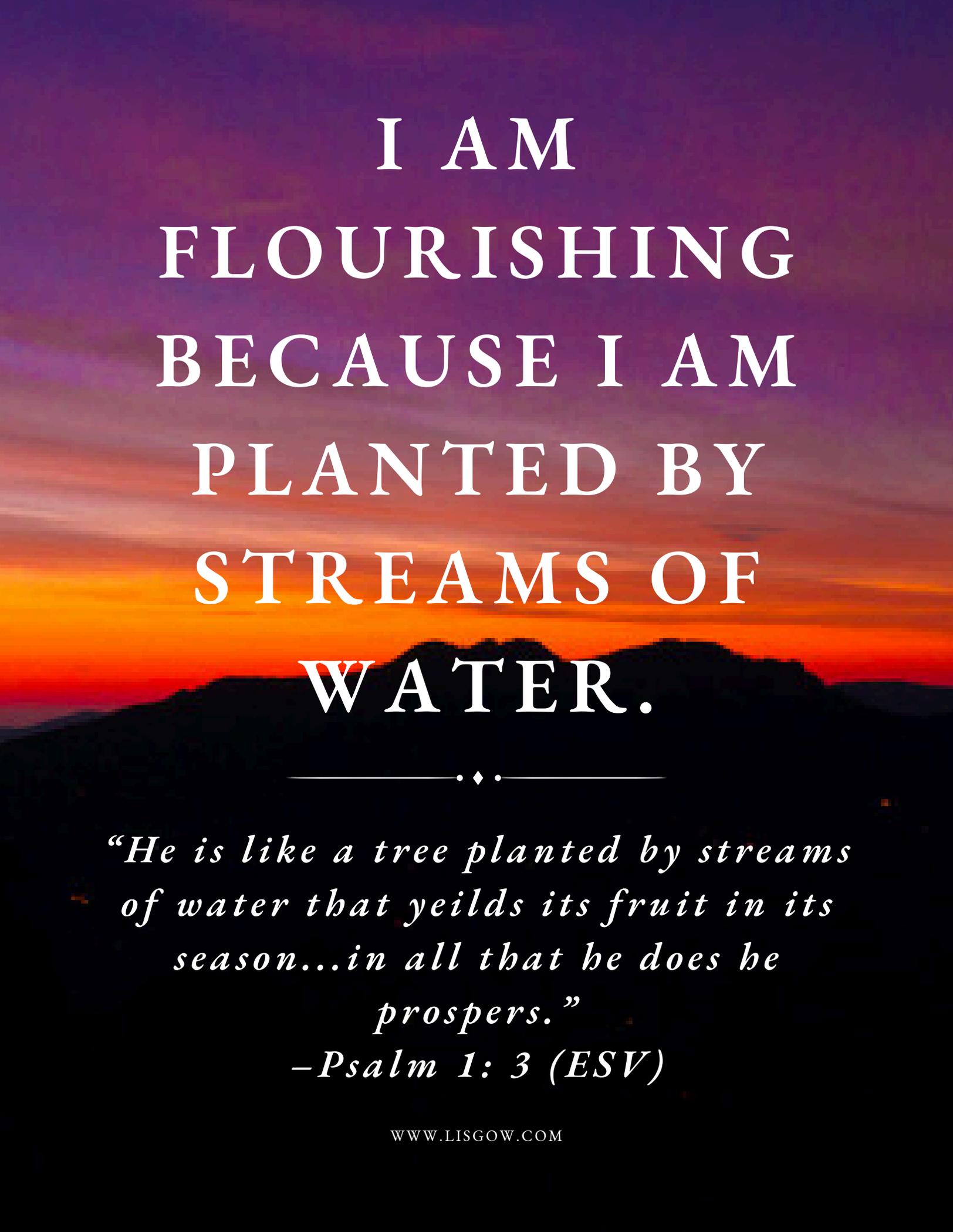
I AM CAPABLE
OF TAKING
ACTION EVEN
IN THE FACE OF
FEAR.

I AM FREE
FROM SELF-
IMPOSED
LIMITATIONS,
AND MY
POTENTIAL IS
ENDLESS.

A black silhouette of a woman with long hair, wearing a long-sleeved dress, standing with her back to the camera and looking slightly to the right. The silhouette is centered on a light gray, textured background.

Here are Fifty MORE
Affirmations Rooted in
God's Word

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I AM
FLOURISHING
BECAUSE I AM
PLANTED BY
STREAMS OF
WATER.

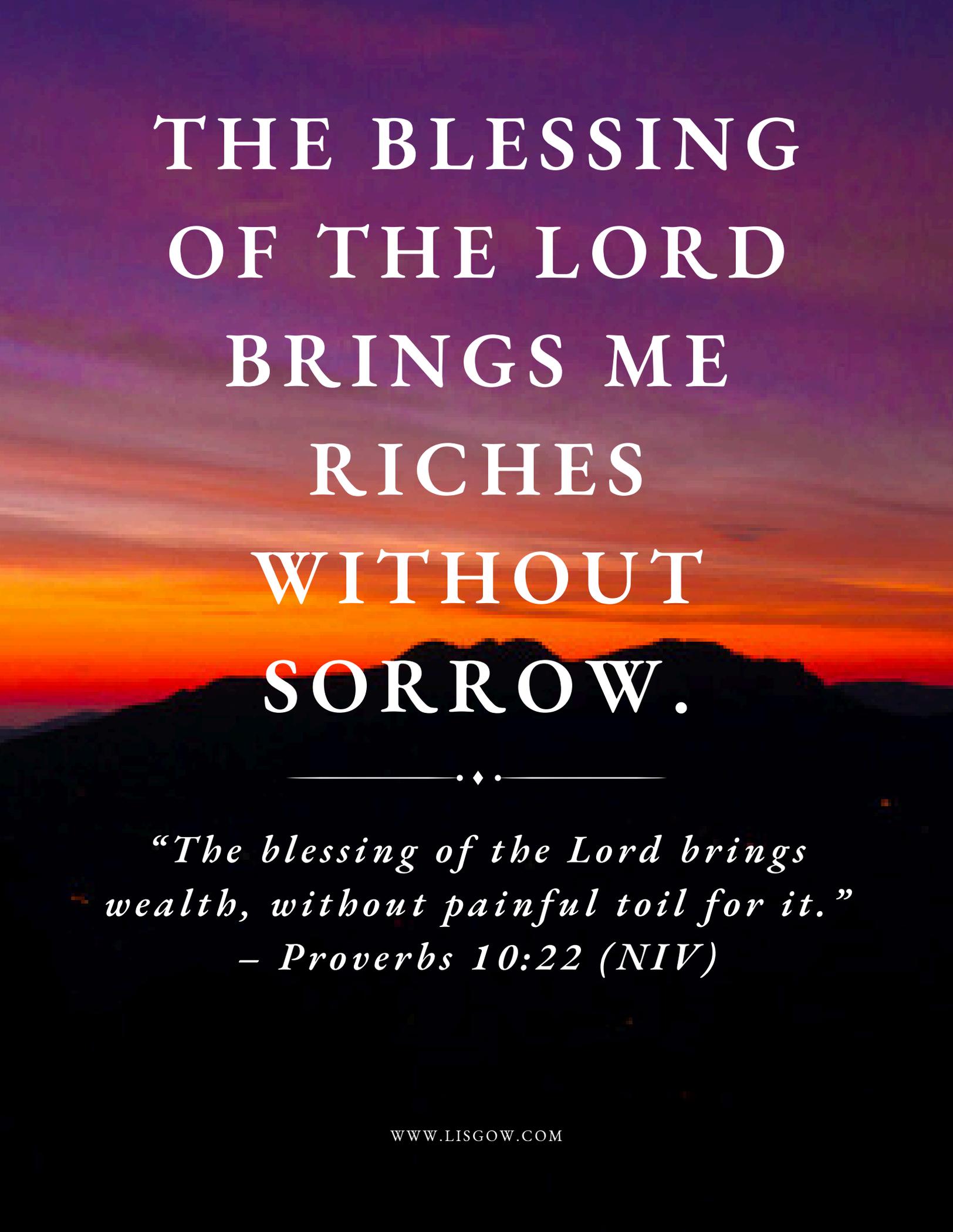
*“He is like a tree planted by streams
of water that yeilds its fruit in its
season...in all that he does he
prosper.”*

—Psalm 1: 3 (ESV)

I HONOUR THE
LORD WITH MY
WEALTH AND
RECEIVE
ABUNDANCE.

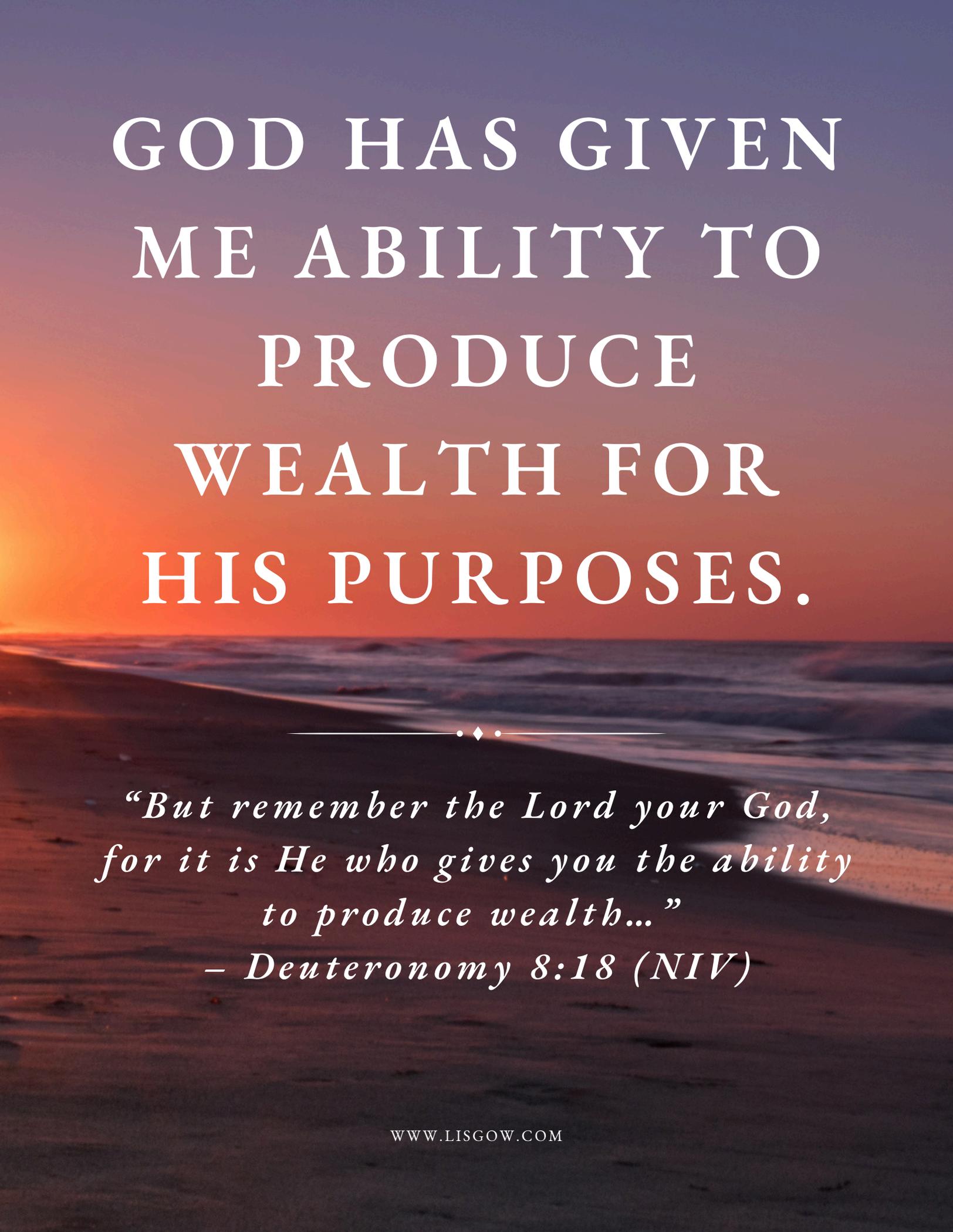
*“Honor the Lord with your wealth
and with the firstfruits of all your
produce; then your barns will be
filled with plenty, and your vats
will be bursting with wine.”*

–Proverbs 3:9-10 (ESV)



THE BLESSING
OF THE LORD
BRINGS ME
RICHES
WITHOUT
SORROW.

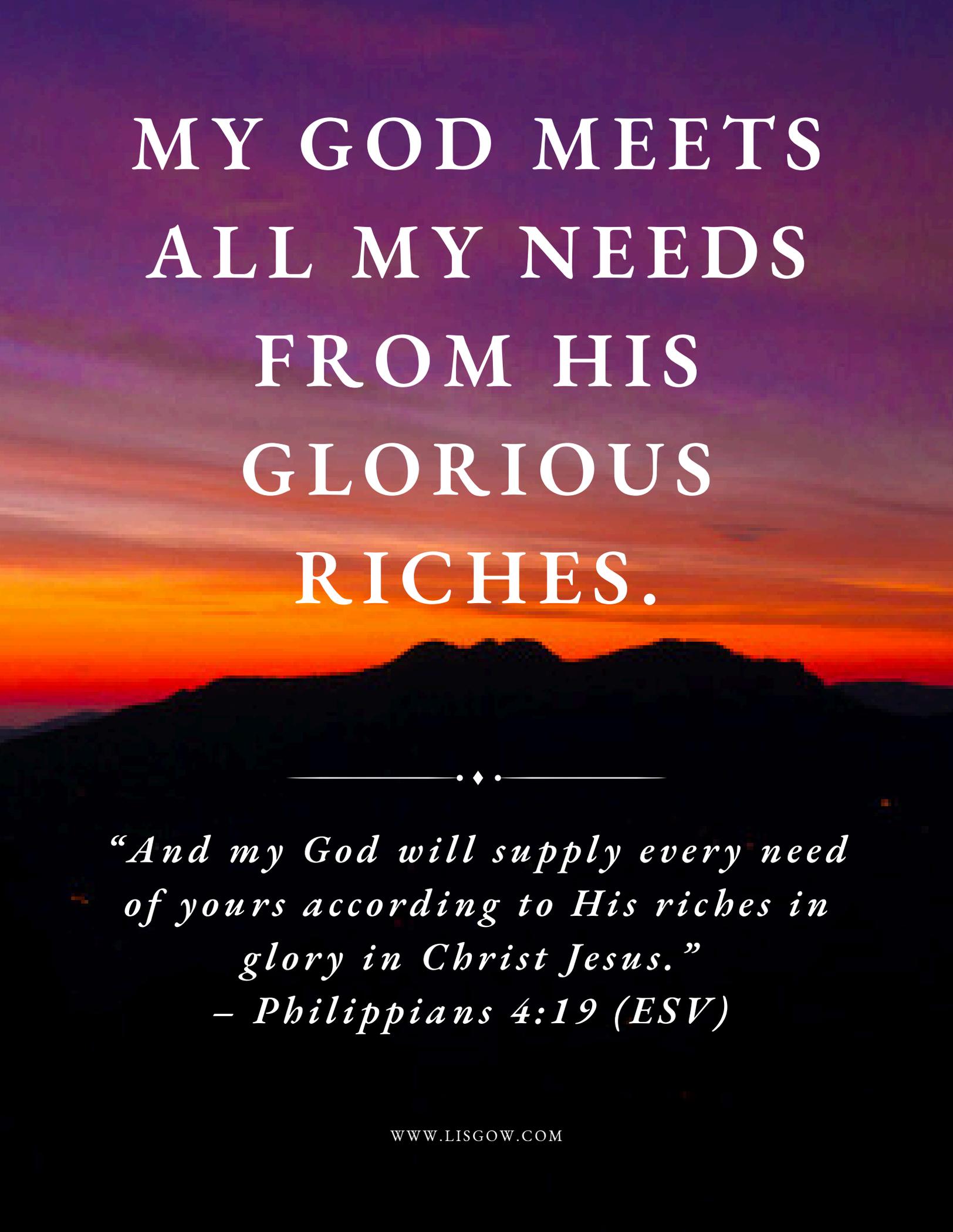
*“The blessing of the Lord brings
wealth, without painful toil for it.”
– Proverbs 10:22 (NIV)*



GOD HAS GIVEN
ME ABILITY TO
PRODUCE
WEALTH FOR
HIS PURPOSES.

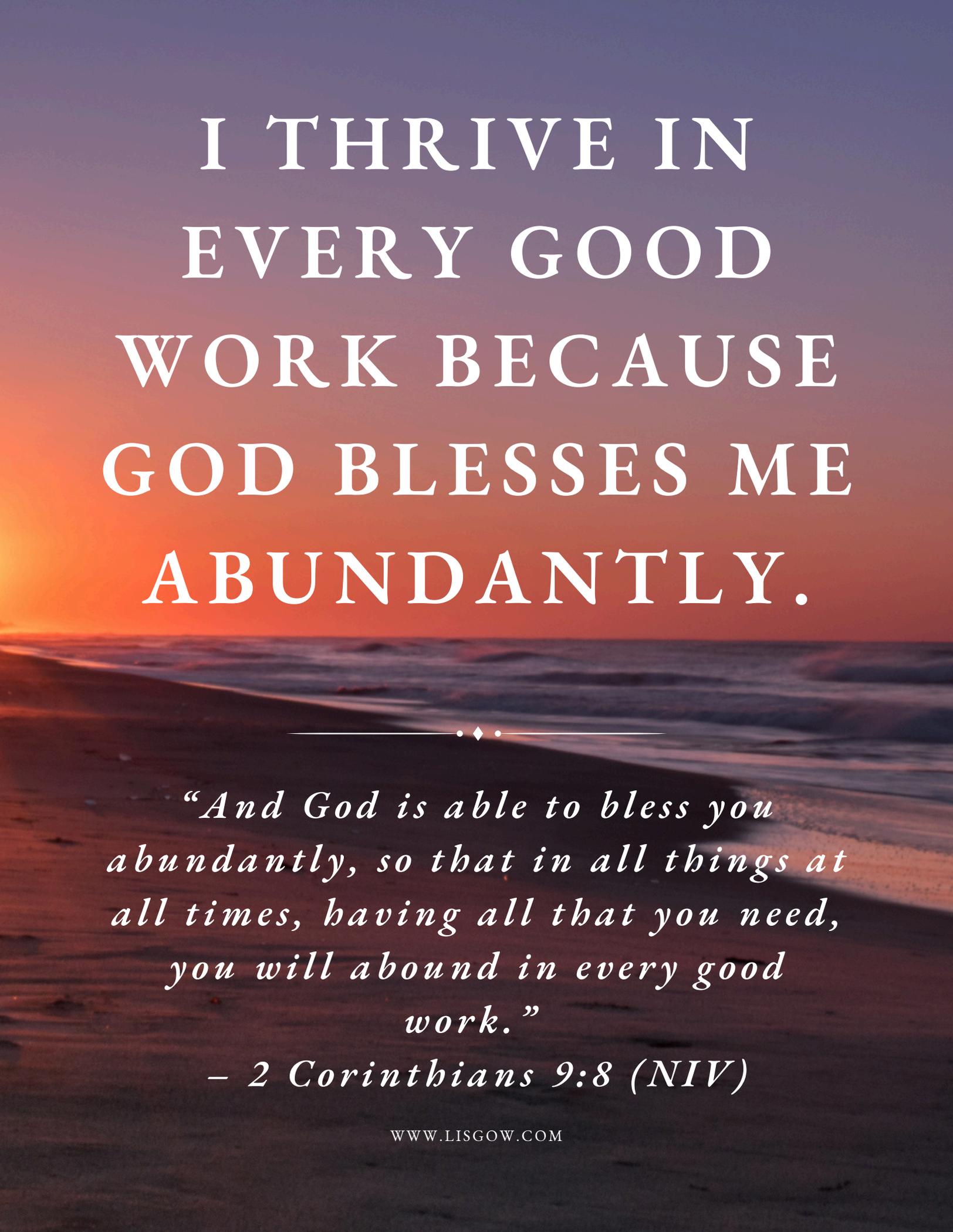
*“But remember the Lord your God,
for it is He who gives you the ability
to produce wealth...”*

– Deuteronomy 8:18 (NIV)



MY GOD MEETS
ALL MY NEEDS
FROM HIS
GLORIOUS
RICHES.

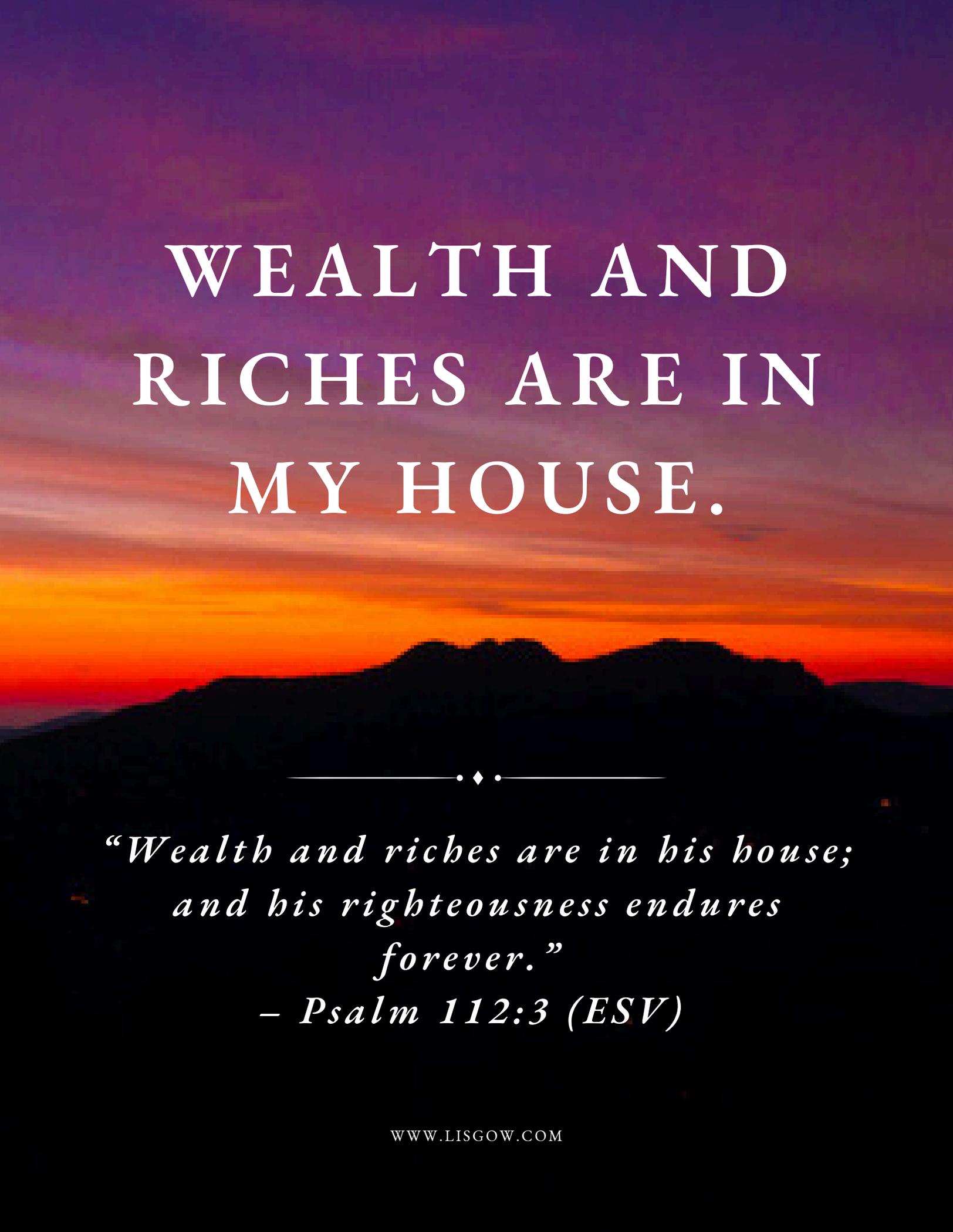
*“And my God will supply every need
of yours according to His riches in
glory in Christ Jesus.”
– Philippians 4:19 (ESV)*



I THRIVE IN
EVERY GOOD
WORK BECAUSE
GOD BLESSES ME
ABUNDANTLY.

“And God is able to bless you abundantly, so that in all things at all times, having all that you need, you will abound in every good work.”

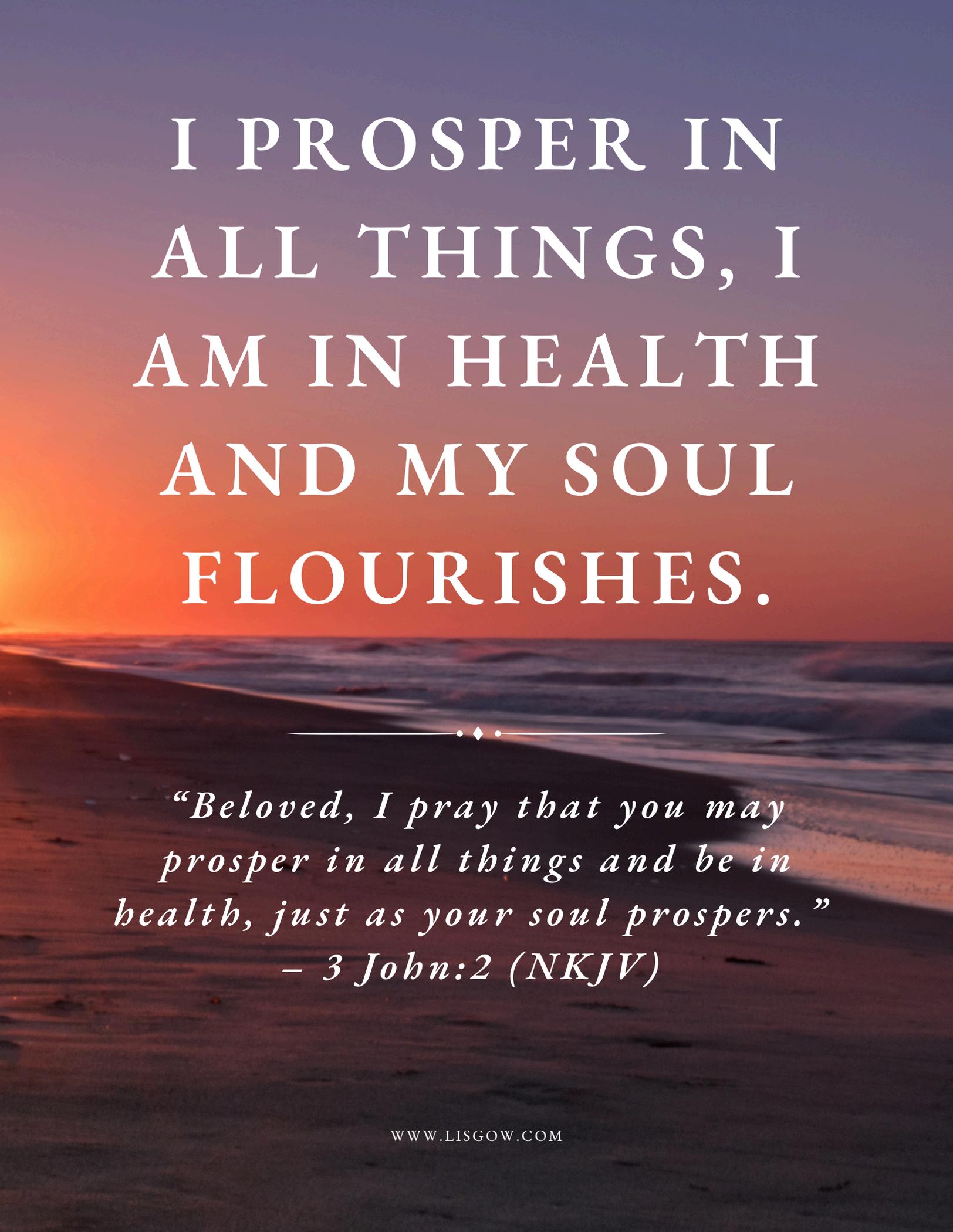
– 2 Corinthians 9:8 (NIV)



WEALTH AND
RICHES ARE IN
MY HOUSE.

*“Wealth and riches are in his house;
and his righteousness endures
forever.”*

– Psalm 112:3 (ESV)



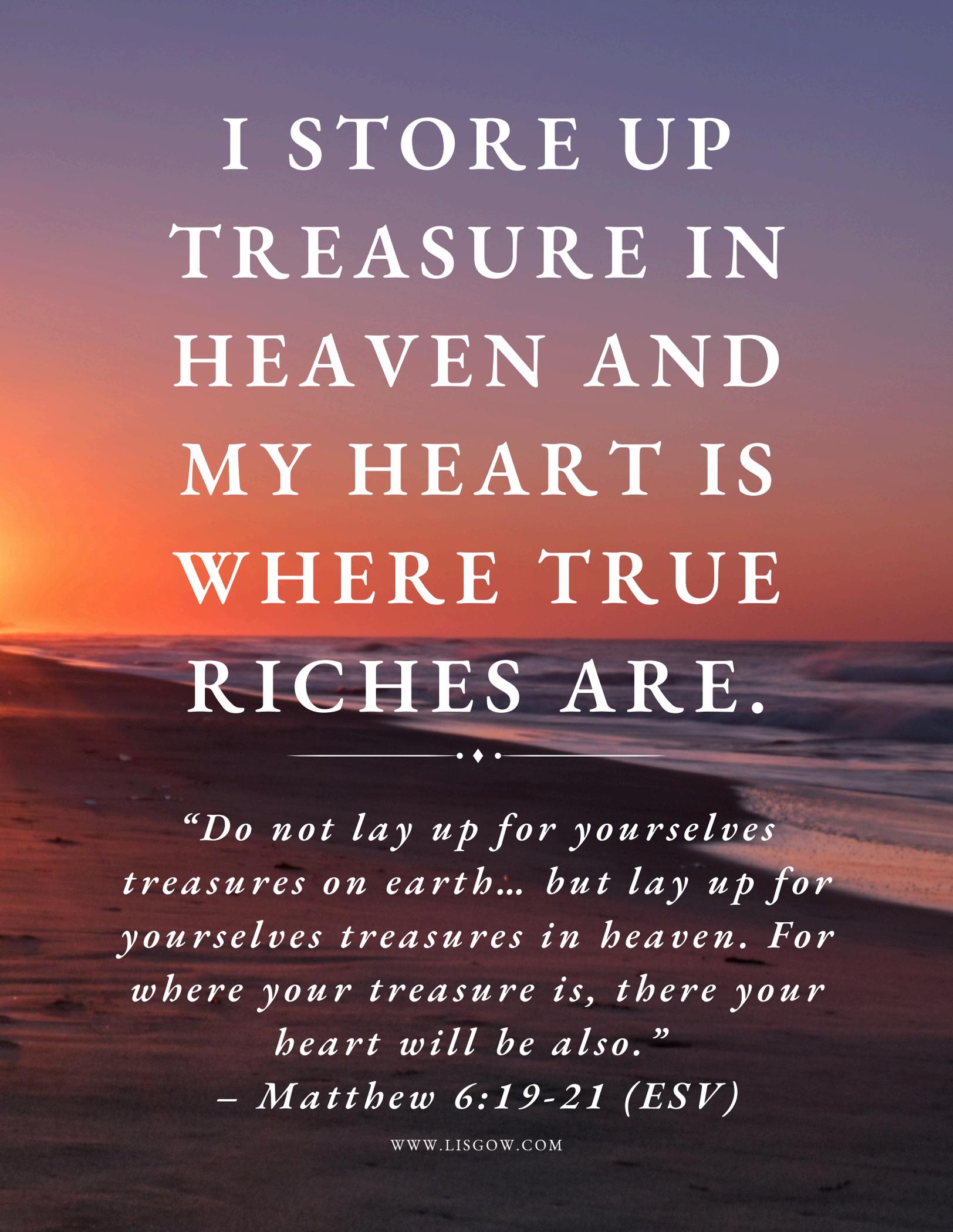
I PROSPER IN
ALL THINGS, I
AM IN HEALTH
AND MY SOUL
FLOURISHES.

*“Beloved, I pray that you may
prosper in all things and be in
health, just as your soul prospers.”*
– 3 John:2 (NKJV)

I DELIGHT IN
THE LORD AND
HE GIVES ME
THE DESIRES OF
MY HEART.

*“Delight yourself in the Lord, and
He will give you the desires of your
heart.”*

– Psalm 37:4 (ESV)



I STORE UP
TREASURE IN
HEAVEN AND
MY HEART IS
WHERE TRUE
RICHES ARE.

—♦—

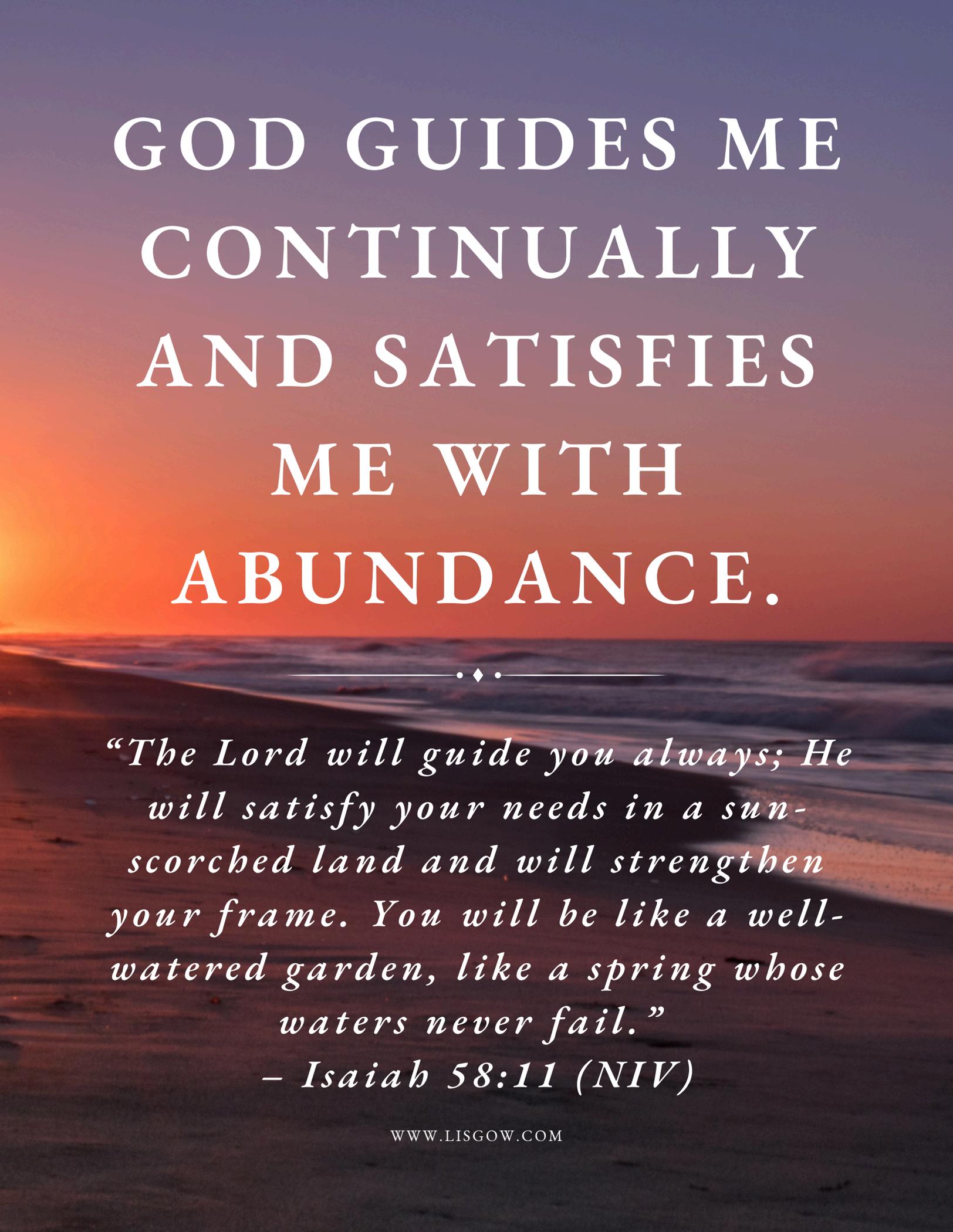
*“Do not lay up for yourselves
treasures on earth... but lay up for
yourselves treasures in heaven. For
where your treasure is, there your
heart will be also.”*

– Matthew 6:19-21 (ESV)

MY WAYS ARE
PROSPEROUS AS
I MEDITATE ON
GOD'S WORD
AND OBEY IT.

*“This Book of the Law shall not
depart from your mouth...do
according to all that is written in
it. For then you will make your way
prosperous, and then you will have
good success.”*

– Joshua 1:8 (NKJV)



GOD GUIDES ME
CONTINUALLY
AND SATISFIES
ME WITH
ABUNDANCE.

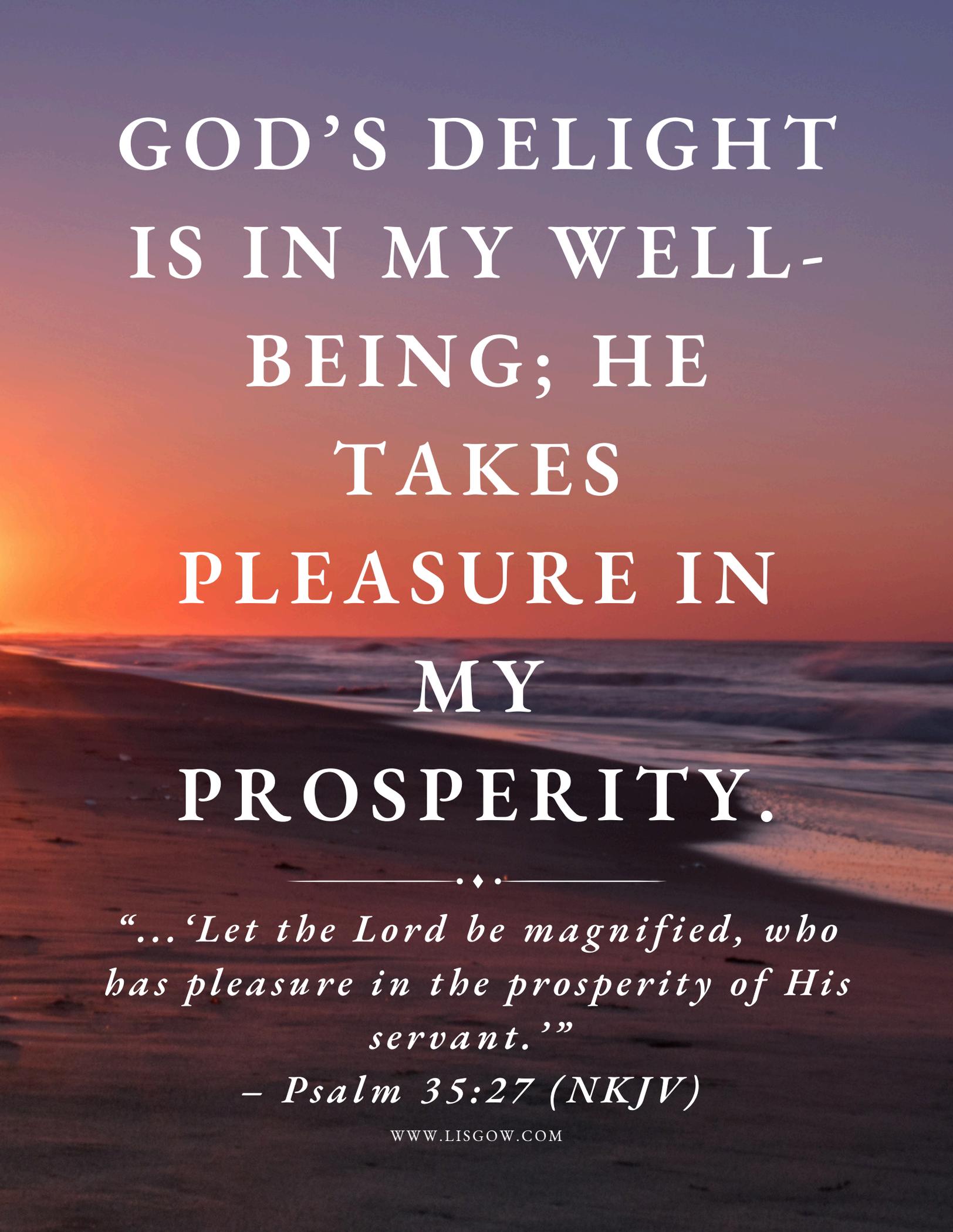
“The Lord will guide you always; He will satisfy your needs in a sun-scorched land and will strengthen your frame. You will be like a well-watered garden, like a spring whose waters never fail.”

– Isaiah 58:11 (NIV)

I AM
GENEROUS, I
REFRESH
OTHERS, AND
SO I AM
REFRESHED.

*“A generous person will prosper;
whoever refreshes others will be
refreshed.”*

– Proverbs 11:25 (NIV)



GOD'S DELIGHT
IS IN MY WELL-
BEING; HE
TAKES
PLEASURE IN
MY
PROSPERITY.

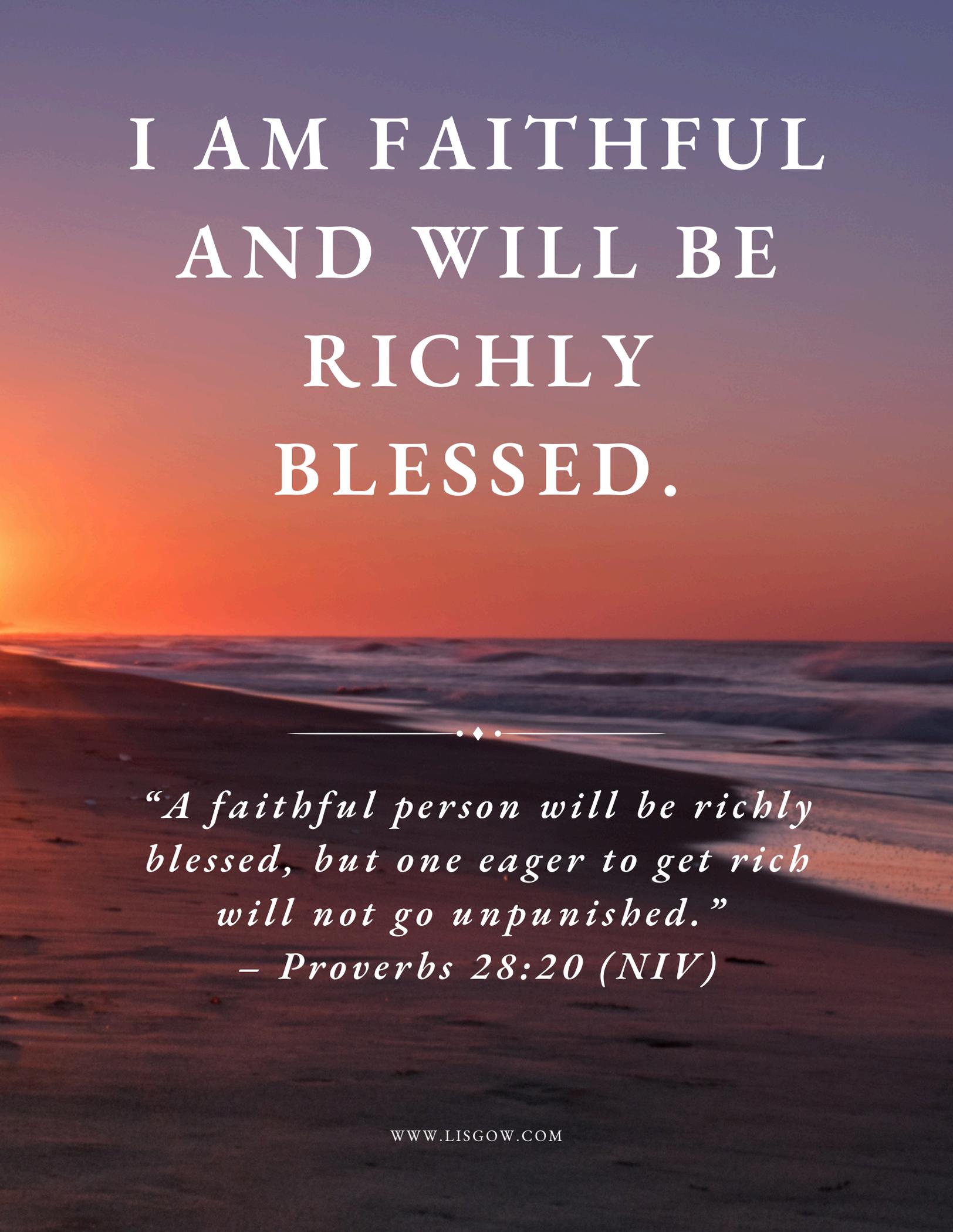
—♦—
*“... ‘Let the Lord be magnified, who
has pleasure in the prosperity of His
servant.’”*

– Psalm 35:27 (NKJV)

THE FRUITS OF
MY LABOR ARE
BLESSINGS AND
PROSPERITY.

*“You will eat the fruit of your
labor; blessings and prosperity will
be yours.”*

– Psalm 128:2 (NIV)



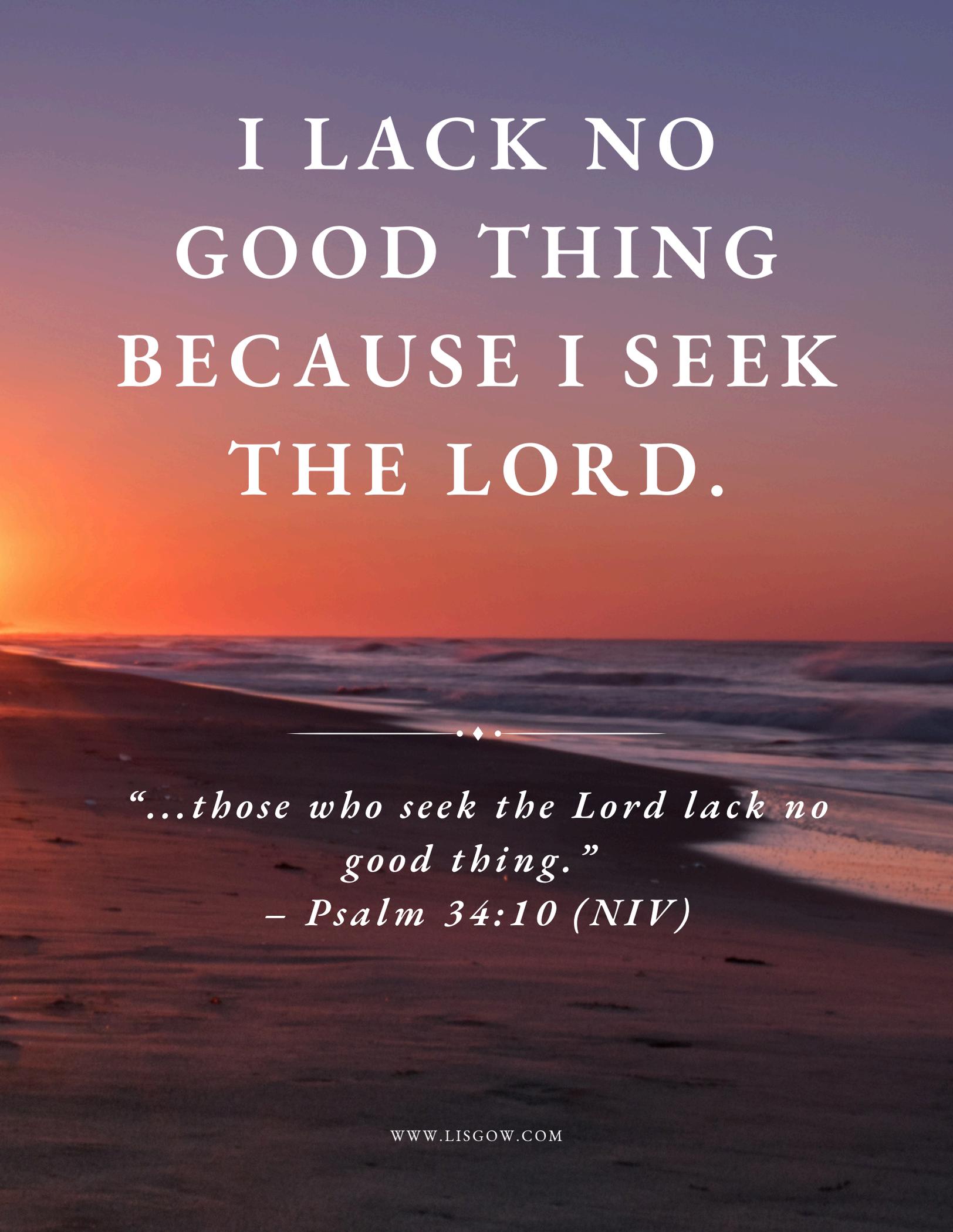
I AM FAITHFUL
AND WILL BE
RICHLY
BLESSED.

*“A faithful person will be richly
blessed, but one eager to get rich
will not go unpunished.”*

– Proverbs 28:20 (NIV)

I AM BUILDING
LASTING
WEALTH LITTLE
BY LITTLE,
WITH WISDOM
AND PATIENCE.

*“Wealth gained hastily will
dwindle, but whoever gathers little
by little will increase it.”
– Proverbs 13:11 (ESV)*



I LACK NO
GOOD THING
BECAUSE I SEEK
THE LORD.

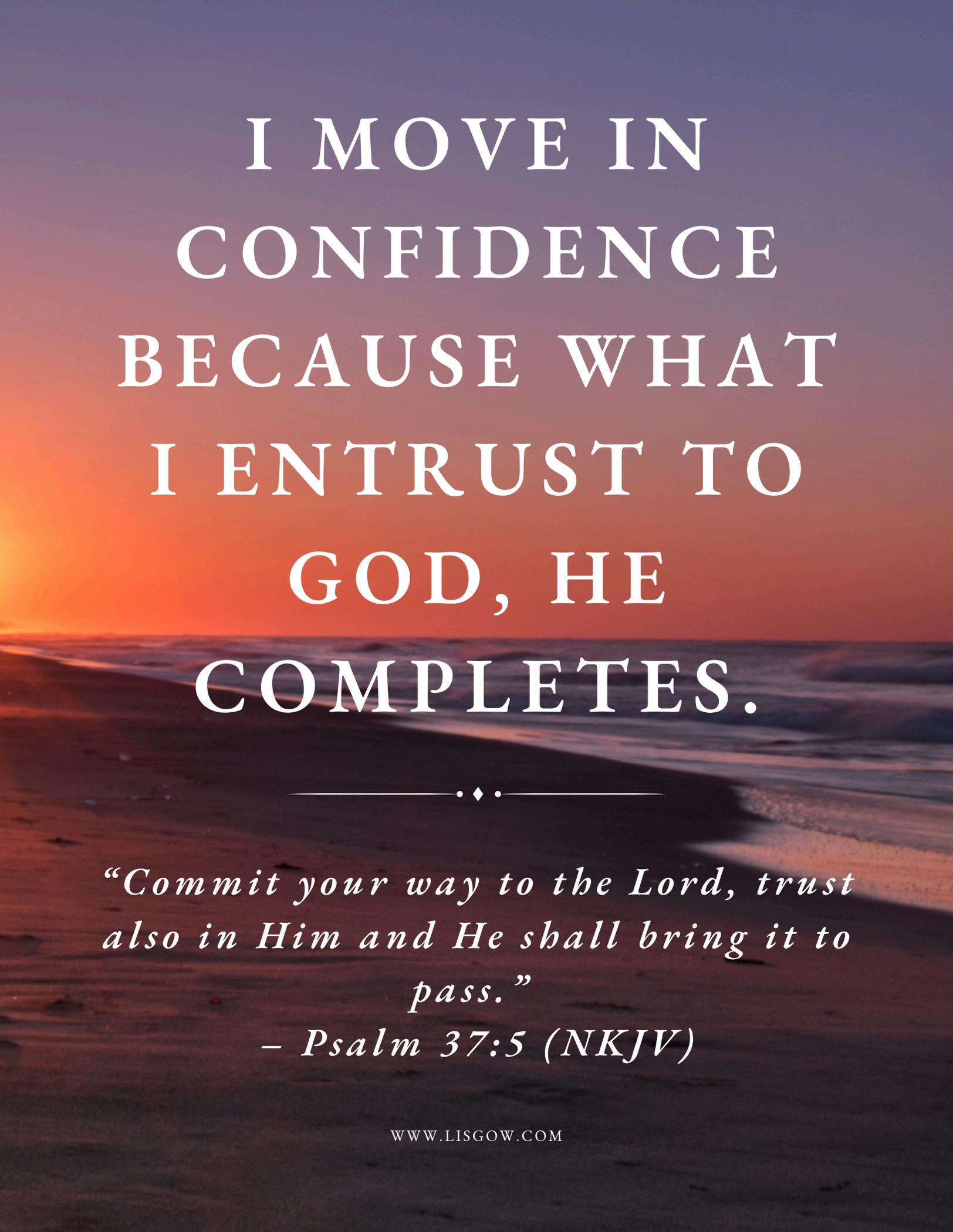
*“...those who seek the Lord lack no
good thing.”*

– Psalm 34:10 (NIV)

I WALK IN
OVERFLOW
BECAUSE
CHRIST HAS
GIVEN ME LIFE
MORE
ABUNDANTLY.

—♦—
*“...I have come that they may have
life, and that they may have it more
abundantly.”*

— John 10:10 (NKJV)



I MOVE IN
CONFIDENCE
BECAUSE WHAT
I ENTRUST TO
GOD, HE
COMPLETES.

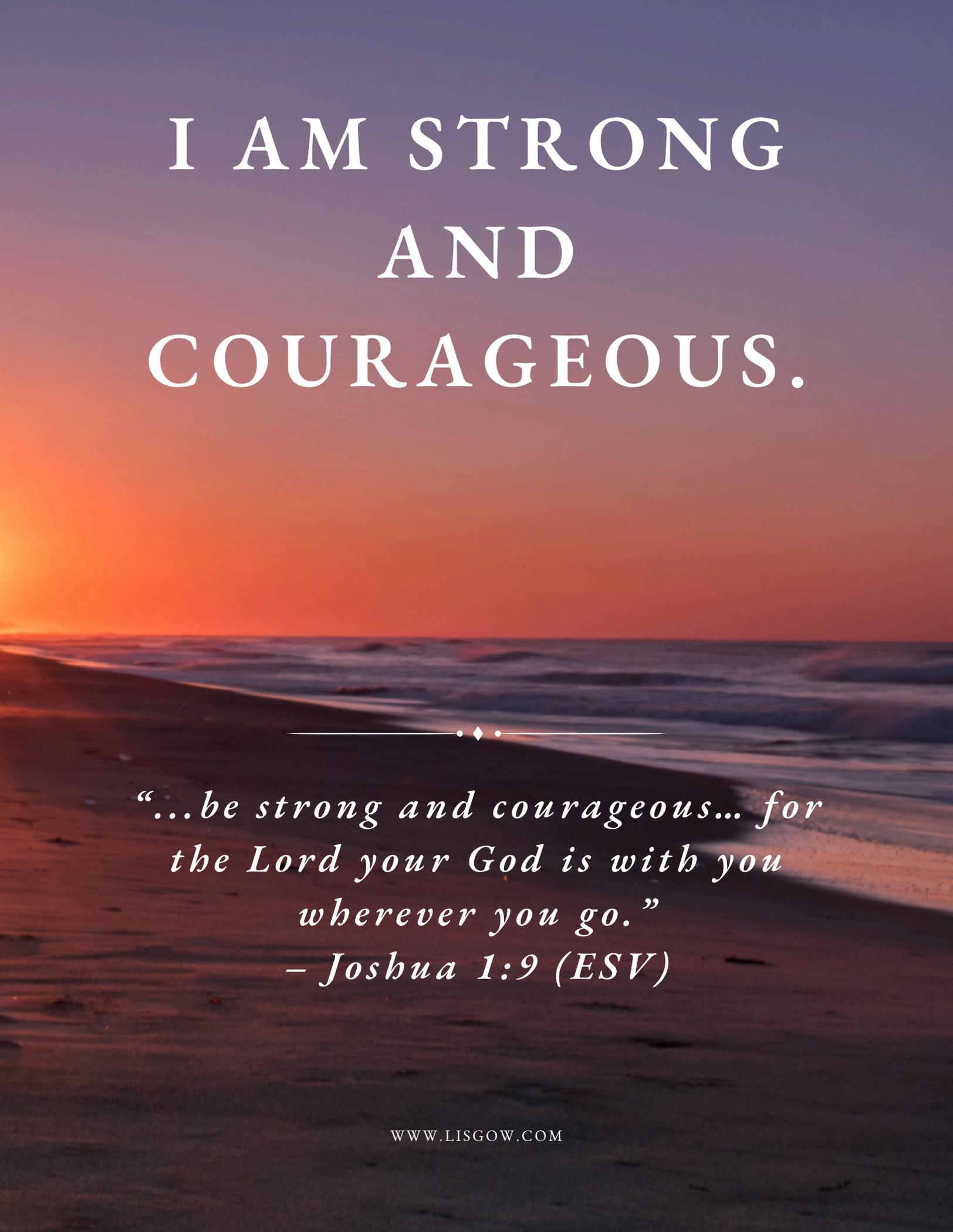
*“Commit your way to the Lord, trust
also in Him and He shall bring it to
pass.”*

– Psalm 37:5 (NKJV)

MY WORK HAS
PURPOSE AND
MY PLANS
FLOURISH
BECAUSE I
SURRENDER
THEM TO THE
LORD.

*“Commit your work to the Lord, and
your plans will be established.”*

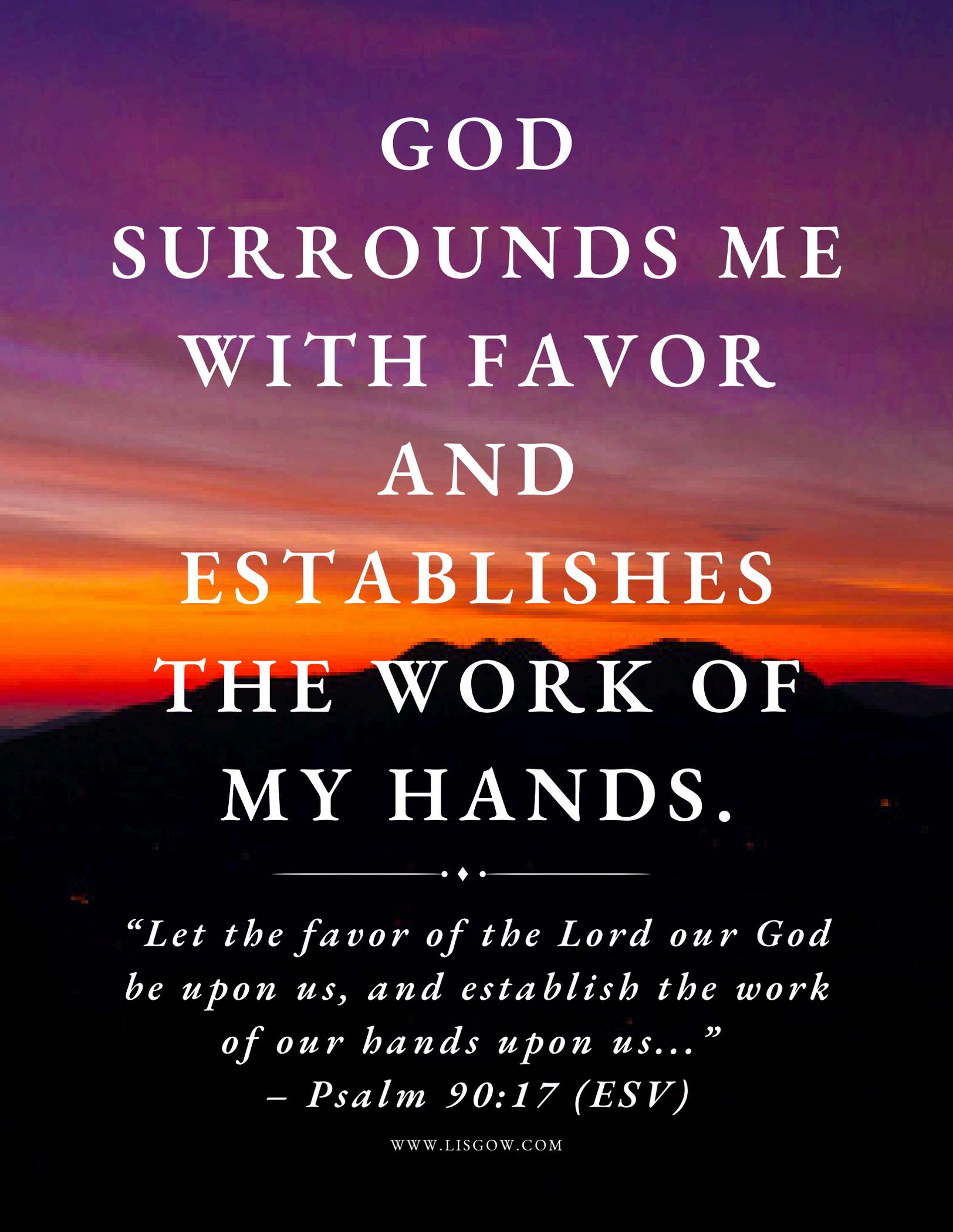
– Proverbs 16:3 (ESV)



I AM STRONG
AND
COURAGEOUS.

*“...be strong and courageous... for
the Lord your God is with you
wherever you go.”*

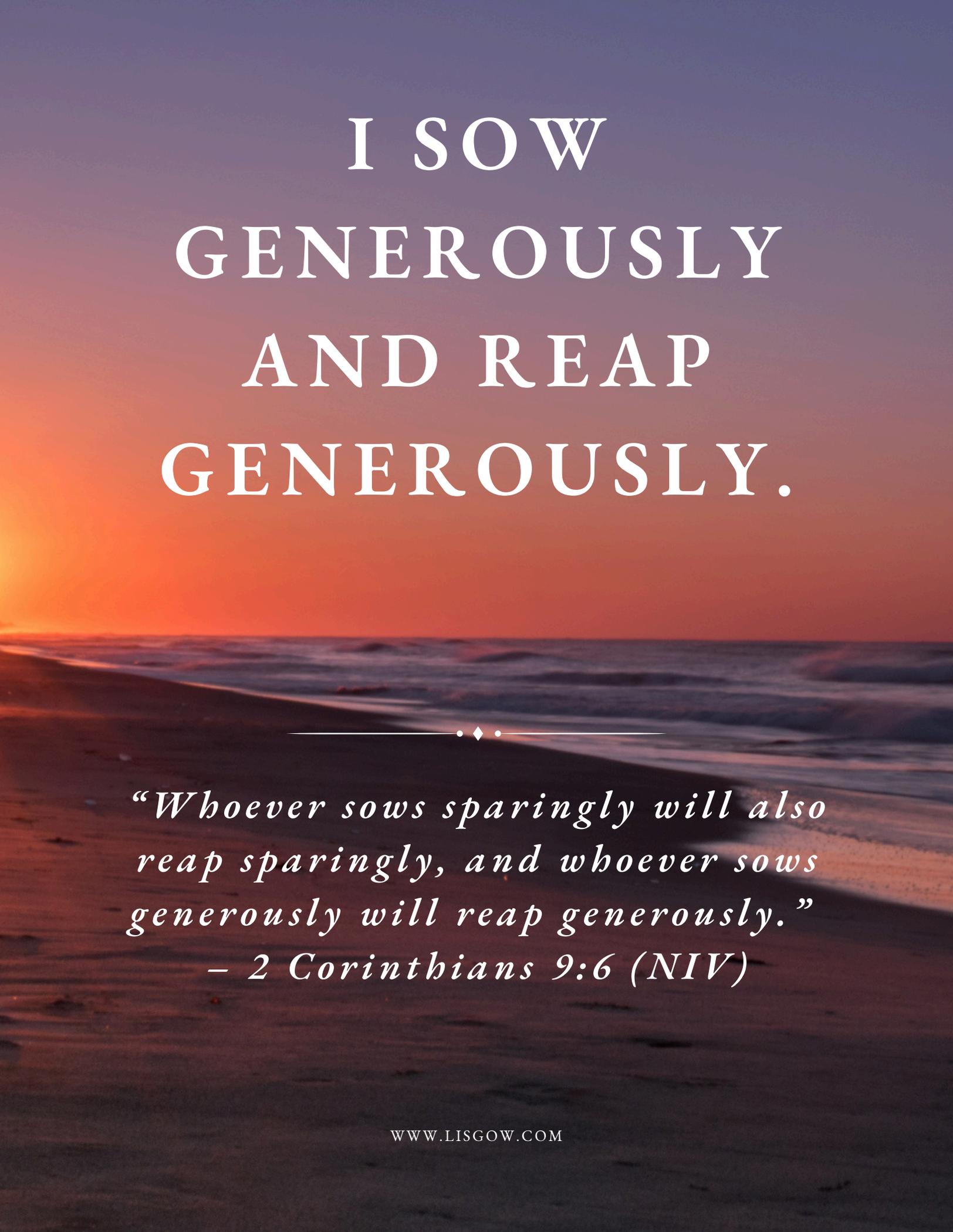
– Joshua 1:9 (ESV)



GOD
SURROUNDS ME
WITH FAVOR
AND
ESTABLISHES
THE WORK OF
MY HANDS.

*“Let the favor of the Lord our God
be upon us, and establish the work
of our hands upon us...”*

– Psalm 90:17 (ESV)



I SOW
GENEROUSLY
AND REAP
GENEROUSLY.

*“Whoever sows sparingly will also
reap sparingly, and whoever sows
generously will reap generously.”*

– 2 Corinthians 9:6 (NIV)

ABUNDANCE
FLOWS TO ME
AND THROUGH
ME BECAUSE
GENEROSITY IS
MY CALLING.

*“You will be enriched in every way
so that you can be generous on every
occasion...”*

– 2 Corinthians 9:11 (NIV)

THE LORD
PROVIDES ALL I
NEED TO SOW,
AND HE
MULTIPLIES
WHAT I PLANT.

—♦—
*“He who supplies seed to the sower
and bread for food will supply and
multiply your seed for sowing and
increase the harvest of your
righteousness.”*

– 2 Corinthians 9:10 (ESV)

MY FUTURE IS
SECURE AND
ABUNDANT
BECAUSE GOD
HAS DESIGNED
IT WITH
INTENTION.

—◆—

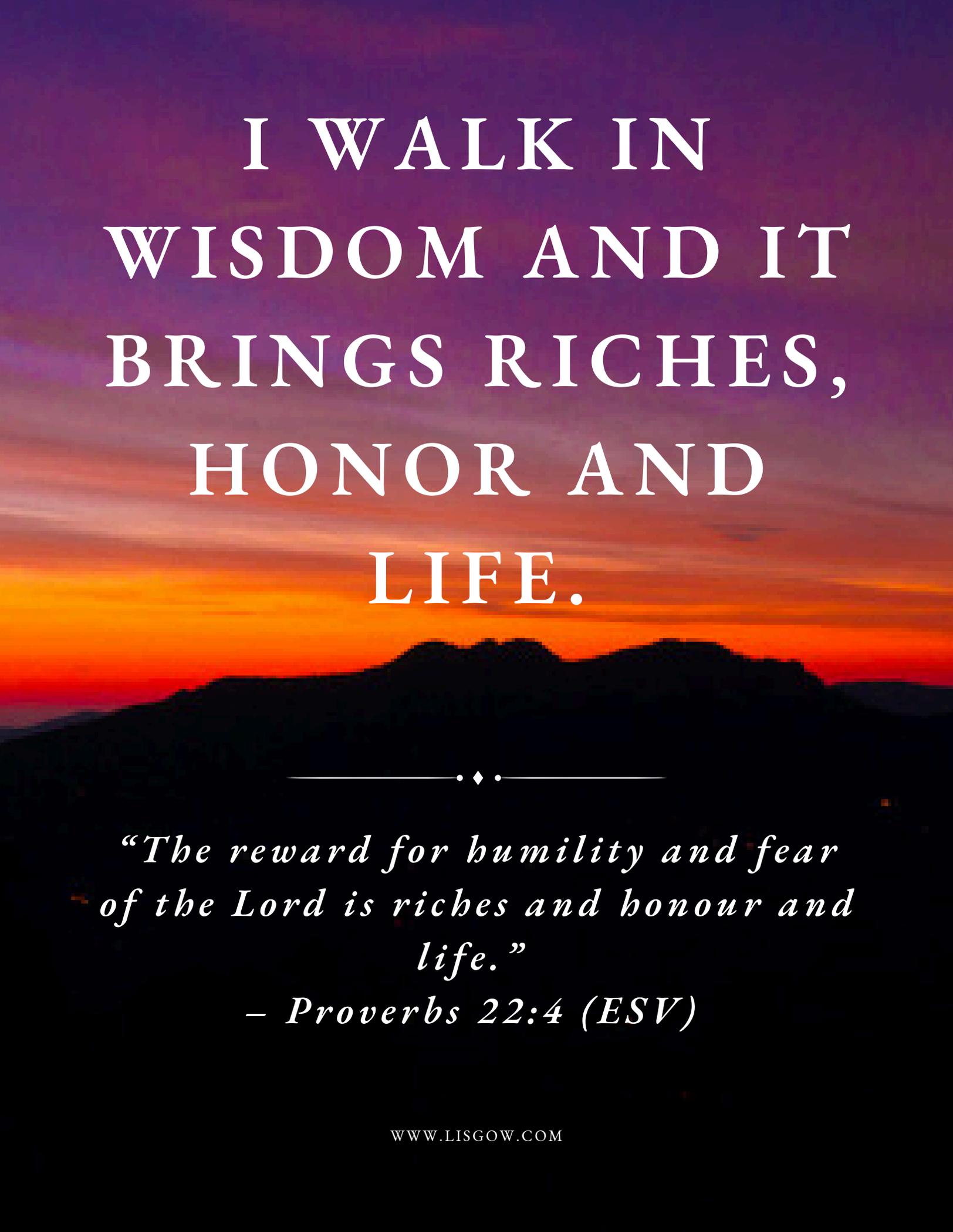
“'For I know the plans I have for you', declares the Lord, 'plans to prosper you and not to harm you...’”

– Jeremiah 29:11 (NIV)

MY PATH TO
ABUNDANCE IS
SECURE
BECAUSE GOD
GOES BEFORE
ME.

*“The Lord will go before you, and
the God of Israel will be your rear
guard.”*

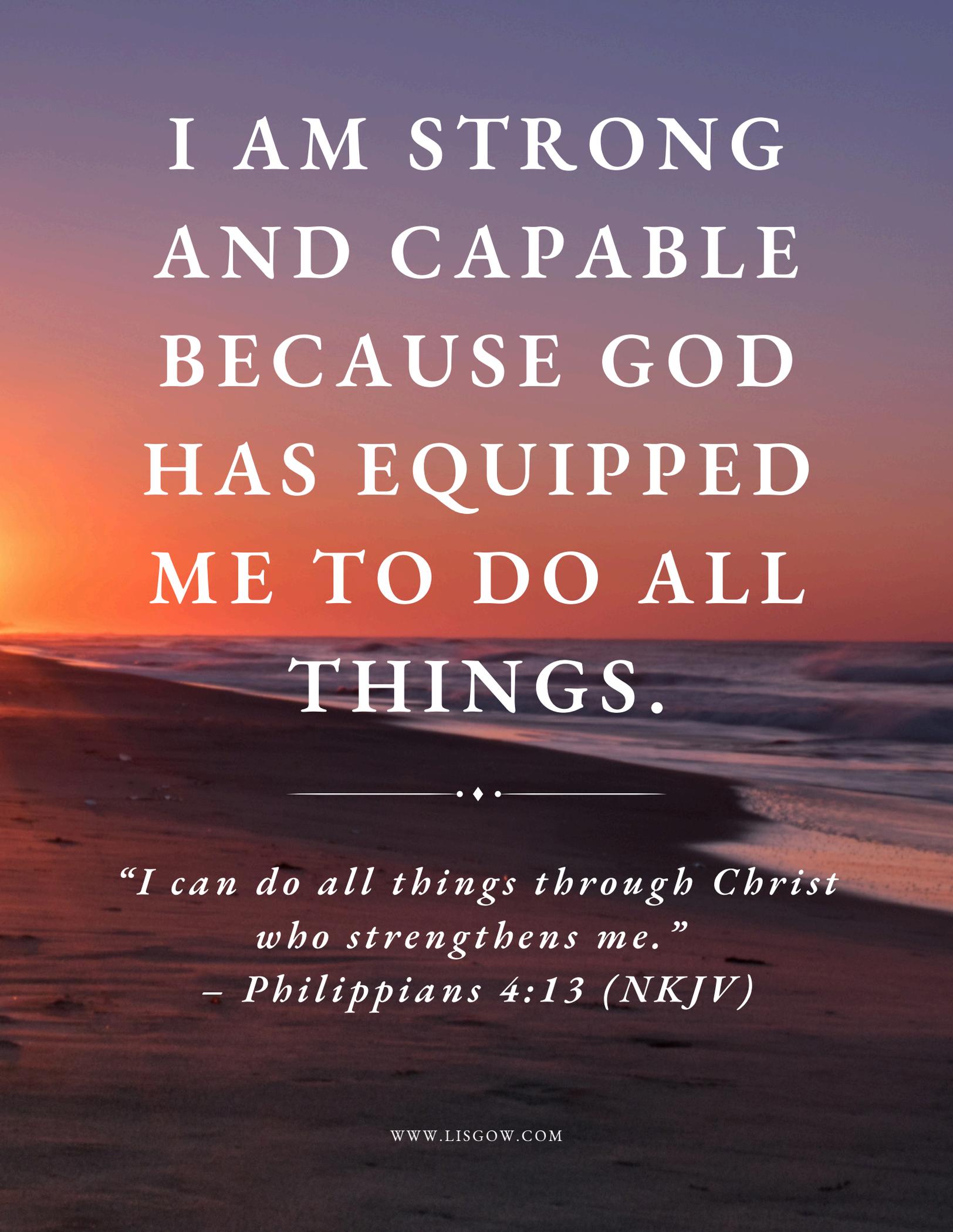
– Isaiah 52:12 (NKJV)



I WALK IN
WISDOM AND IT
BRINGS RICHES,
HONOR AND
LIFE.

*“The reward for humility and fear
of the Lord is riches and honour and
life.”*

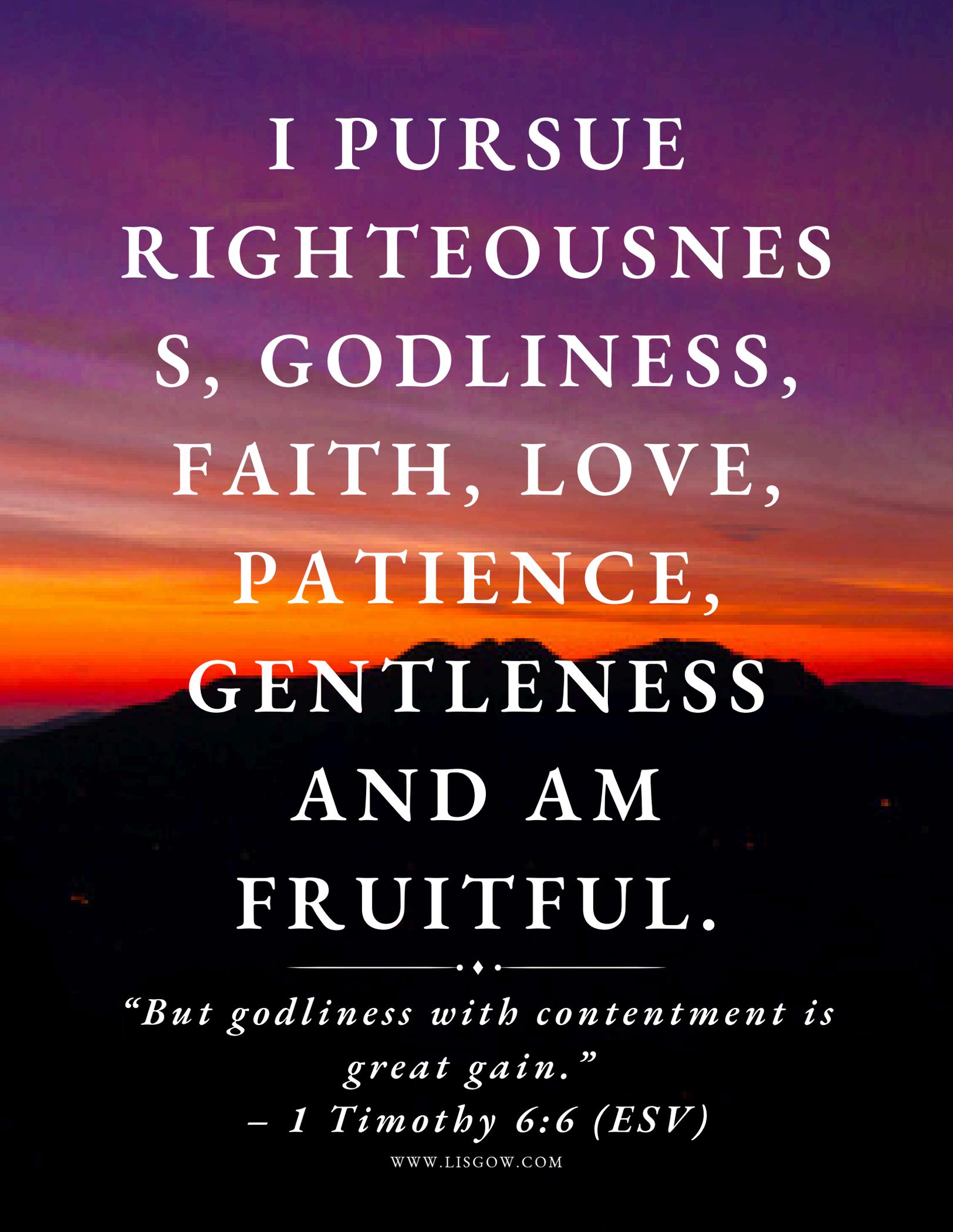
– Proverbs 22:4 (ESV)



I AM STRONG
AND CAPABLE
BECAUSE GOD
HAS EQUIPPED
ME TO DO ALL
THINGS.

*“I can do all things through Christ
who strengthens me.”*

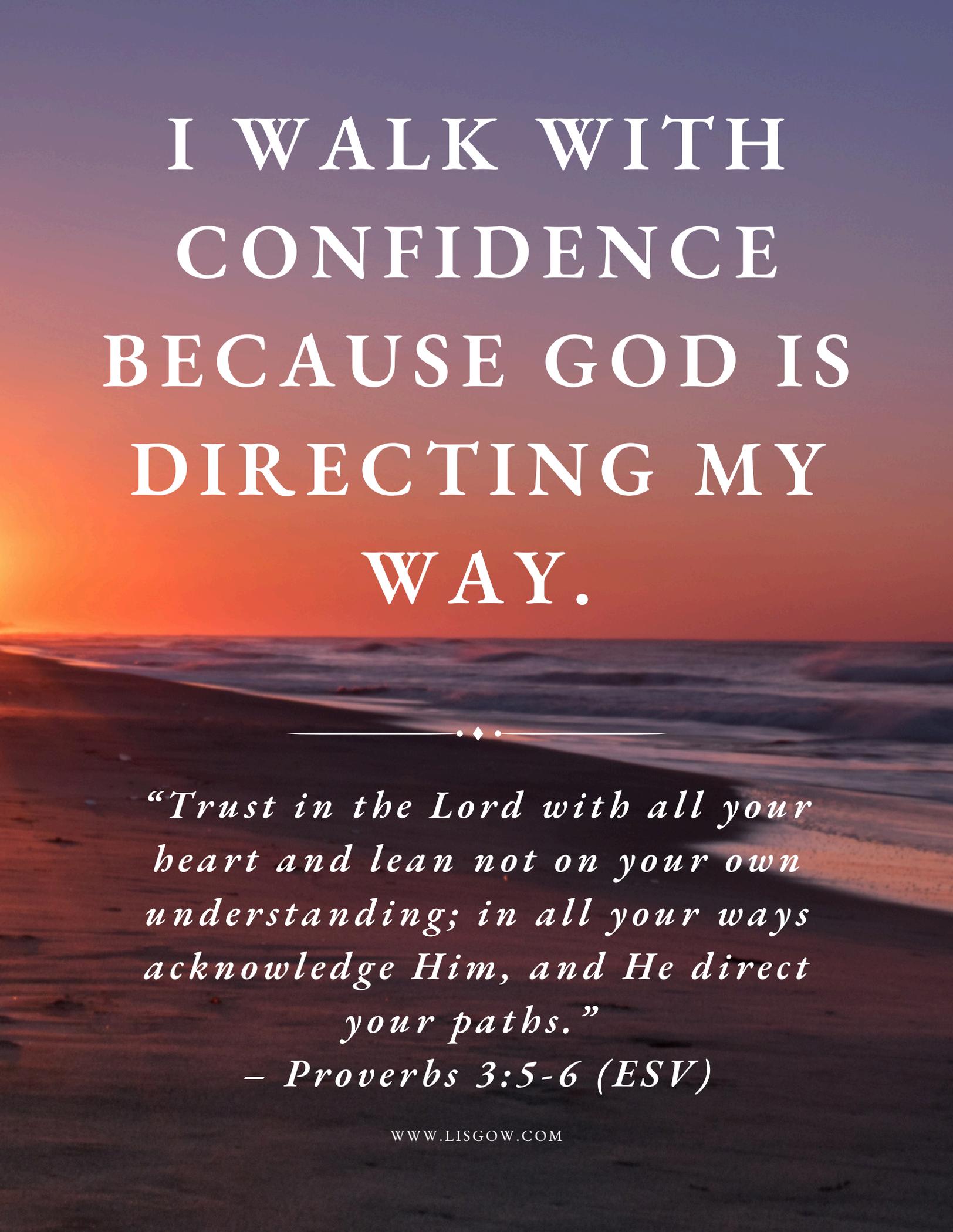
– Philippians 4:13 (NKJV)



I PURSUE
RIGHTEOUSNES
S, GODLINESS,
FAITH, LOVE,
PATIENCE,
GENTLENESS
AND AM
FRUITFUL.

—♦—
*“But godliness with contentment is
great gain.”*

– 1 Timothy 6:6 (ESV)



I WALK WITH
CONFIDENCE
BECAUSE GOD IS
DIRECTING MY
WAY.

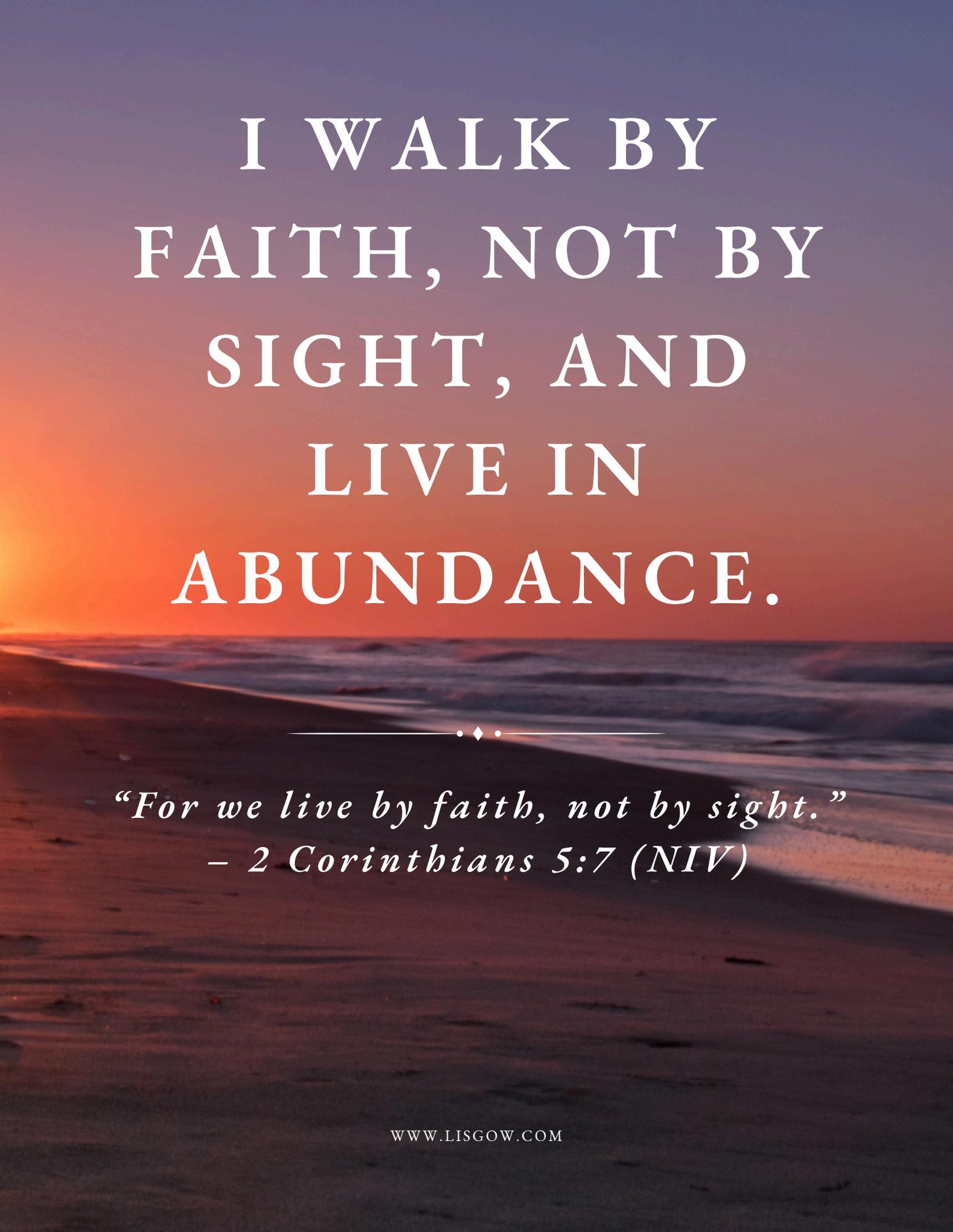
“Trust in the Lord with all your heart and lean not on your own understanding; in all your ways acknowledge Him, and He direct your paths.”

– Proverbs 3:5-6 (ESV)

I GIVE
GENEROUSLY,
AND BLESSINGS
OVERFLOW
UNTO ME.

*“Give, and it will be given to you:
good measure, pressed down, shaken
together, running over...”*

– Luke 6:38 (NKJV)



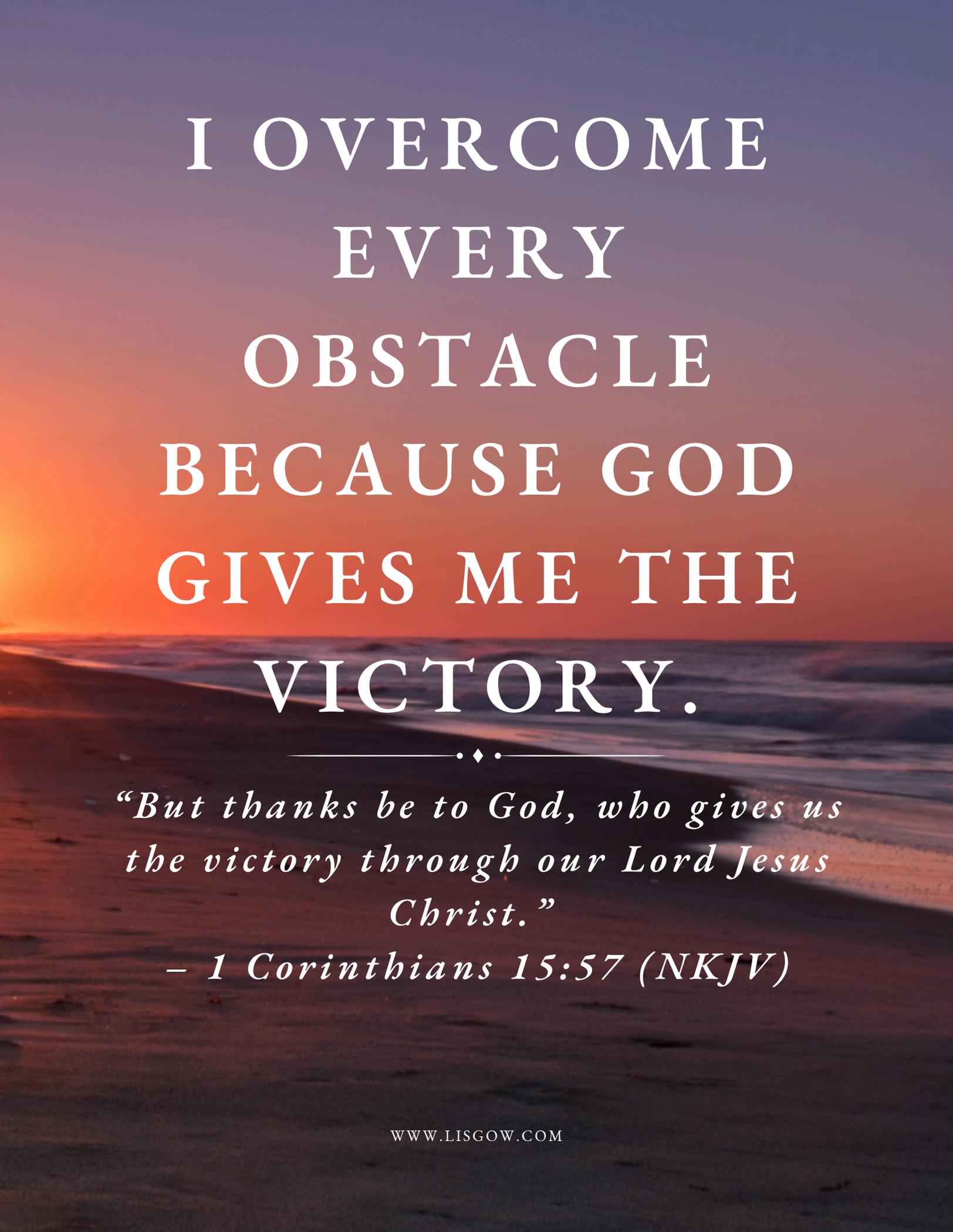
I WALK BY
FAITH, NOT BY
SIGHT, AND
LIVE IN
ABUNDANCE.

“For we live by faith, not by sight.”
– 2 Corinthians 5:7 (NIV)

I AM
CONFIDENT
AND CAPABLE
BECAUSE GOD
EMPOWERS ME.

*“His divine power has given us
everything we need for a godly
life...”*

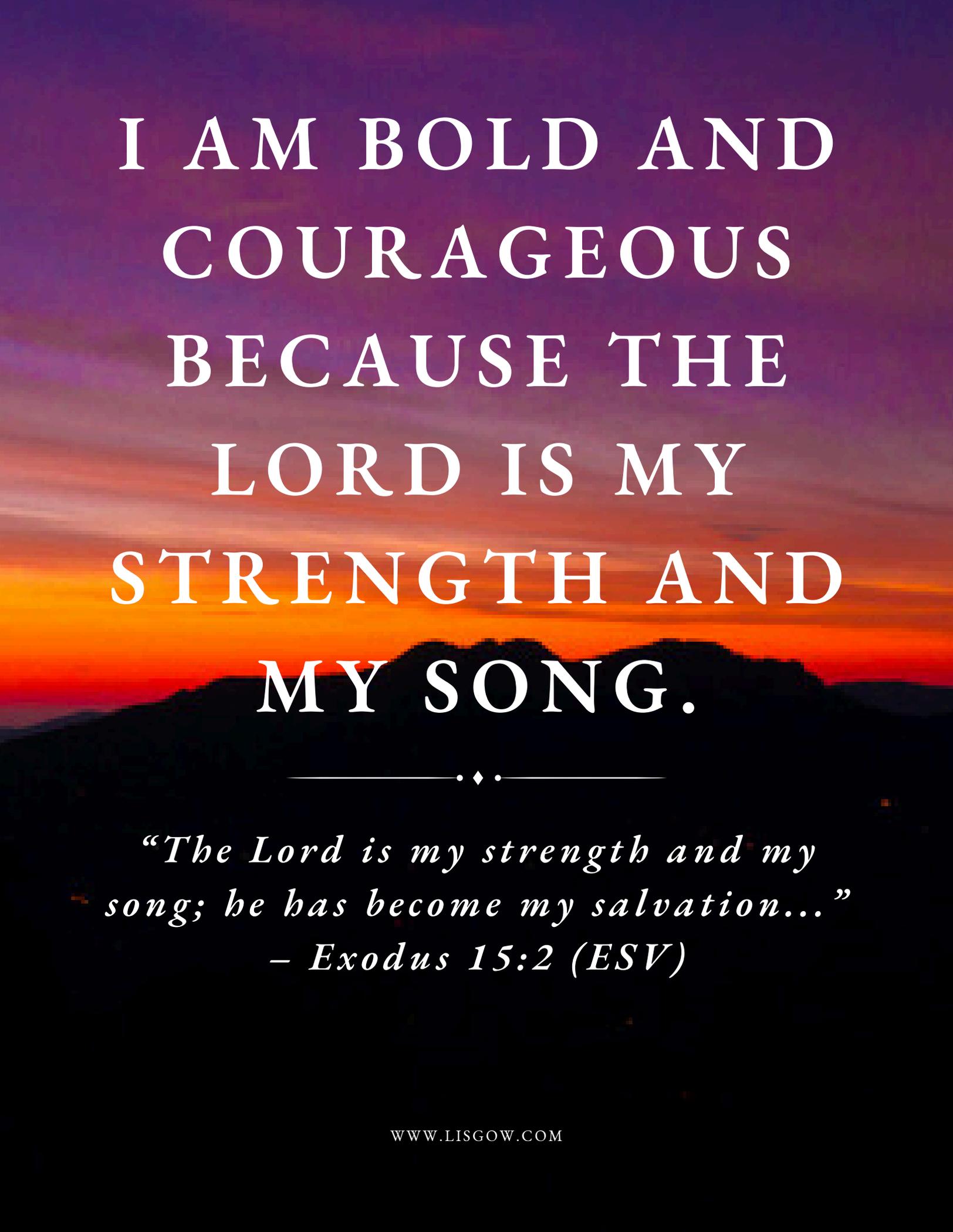
– 2 Peter 1:3 (NIV)



I OVERCOME
EVERY
OBSTACLE
BECAUSE GOD
GIVES ME THE
VICTORY.

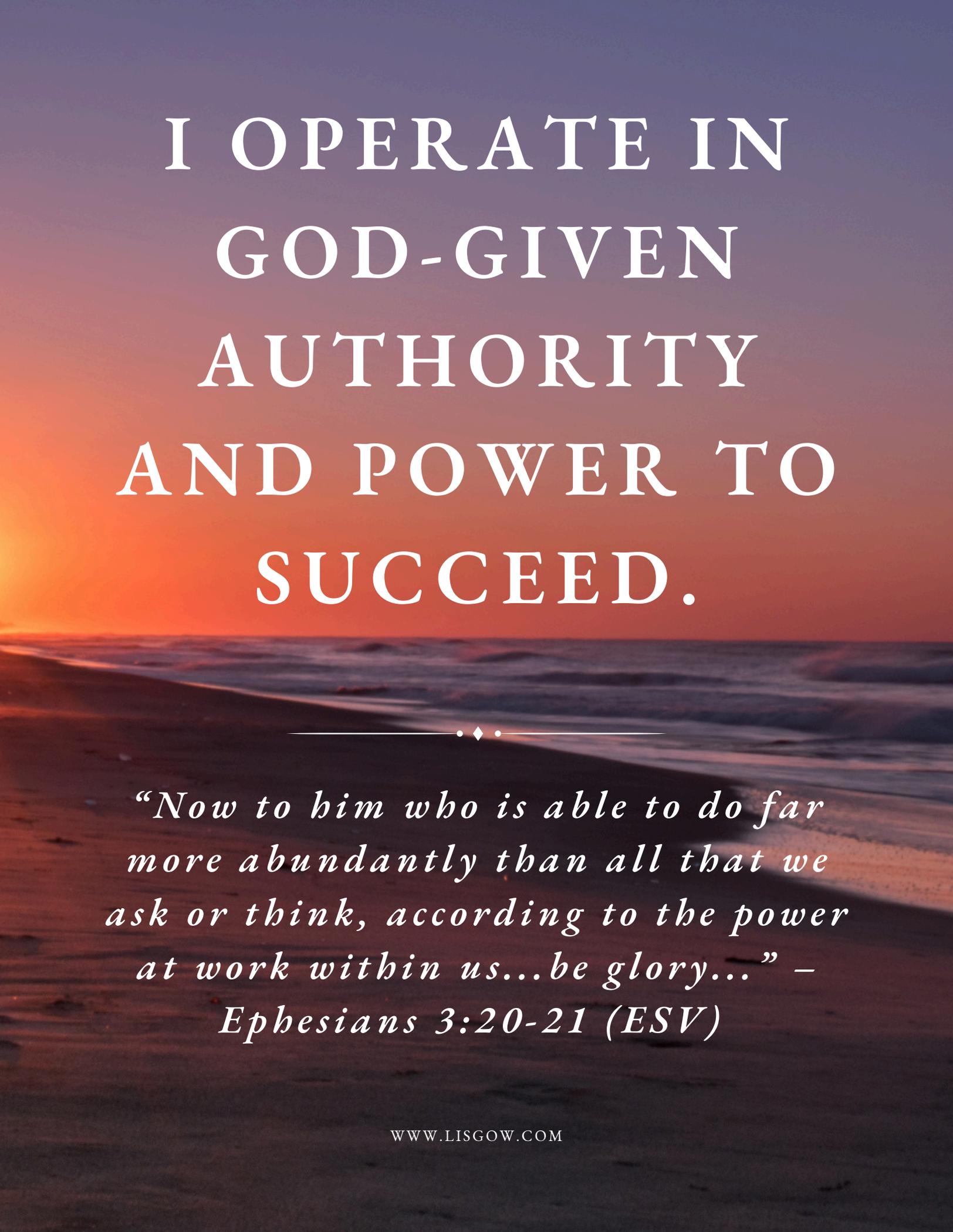
—♦—
*“But thanks be to God, who gives us
the victory through our Lord Jesus
Christ.”*

– 1 Corinthians 15:57 (NKJV)



I AM BOLD AND
COURAGEOUS
BECAUSE THE
LORD IS MY
STRENGTH AND
MY SONG.

*“The Lord is my strength and my
song; he has become my salvation...”*
– Exodus 15:2 (ESV)

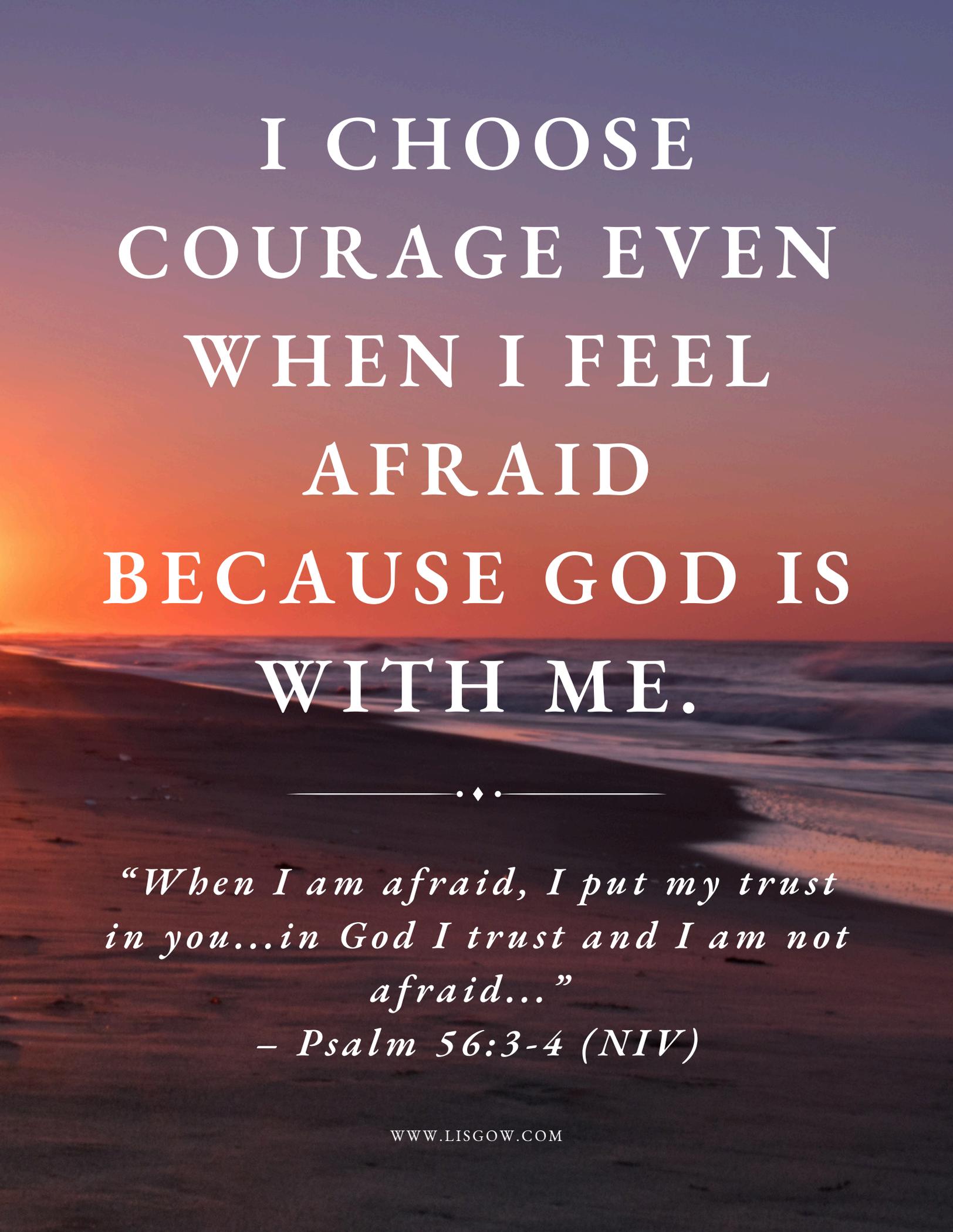


I OPERATE IN
GOD-GIVEN
AUTHORITY
AND POWER TO
SUCCEED.

*“Now to him who is able to do far more abundantly than all that we ask or think, according to the power at work within us...be glory...” –
Ephesians 3:20-21 (ESV)*

I CAST ALL MY
ANXIETY ON
GOD, TRUSTING
HIM TO GUARD
MY HEART AND
MIND.

*“Do not be anxious about anything,
but in every situation, by prayer
and petition, with thanksgiving,
present your request to God.”*
– *Philippians 4:6 (NIV)*



I CHOOSE
COURAGE EVEN
WHEN I FEEL
AFRAID
BECAUSE GOD IS
WITH ME.

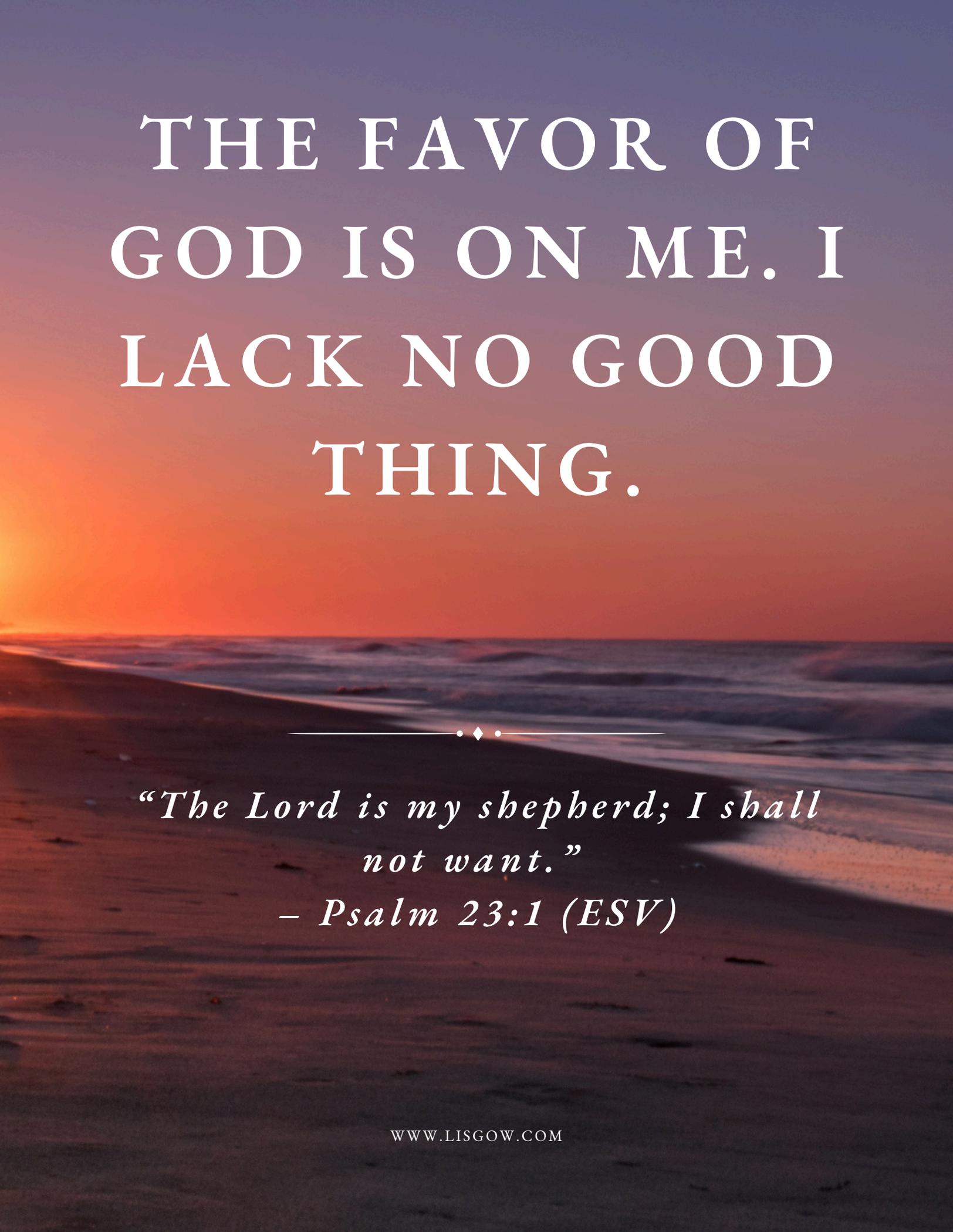
*“When I am afraid, I put my trust
in you...in God I trust and I am not
afraid...”*

– Psalm 56:3-4 (NIV)

ALL IS WELL.
GOD IS TURNING
EVERY
CIRCUMSTANCE
IN MY FAVOR
AND WORKING
IT OUT FOR MY
GOOD.

*“You intended to harm me, but God
intended it all for good...”*

– Genesis 50:20 (ESV)



THE FAVOR OF
GOD IS ON ME. I
LACK NO GOOD
THING.

*“The Lord is my shepherd; I shall
not want.”*

– Psalm 23:1 (ESV)

I STEWARD
WEALTH
WISELY, BEING
RICH IN GOOD
DEEDS AND
GENEROSITY.

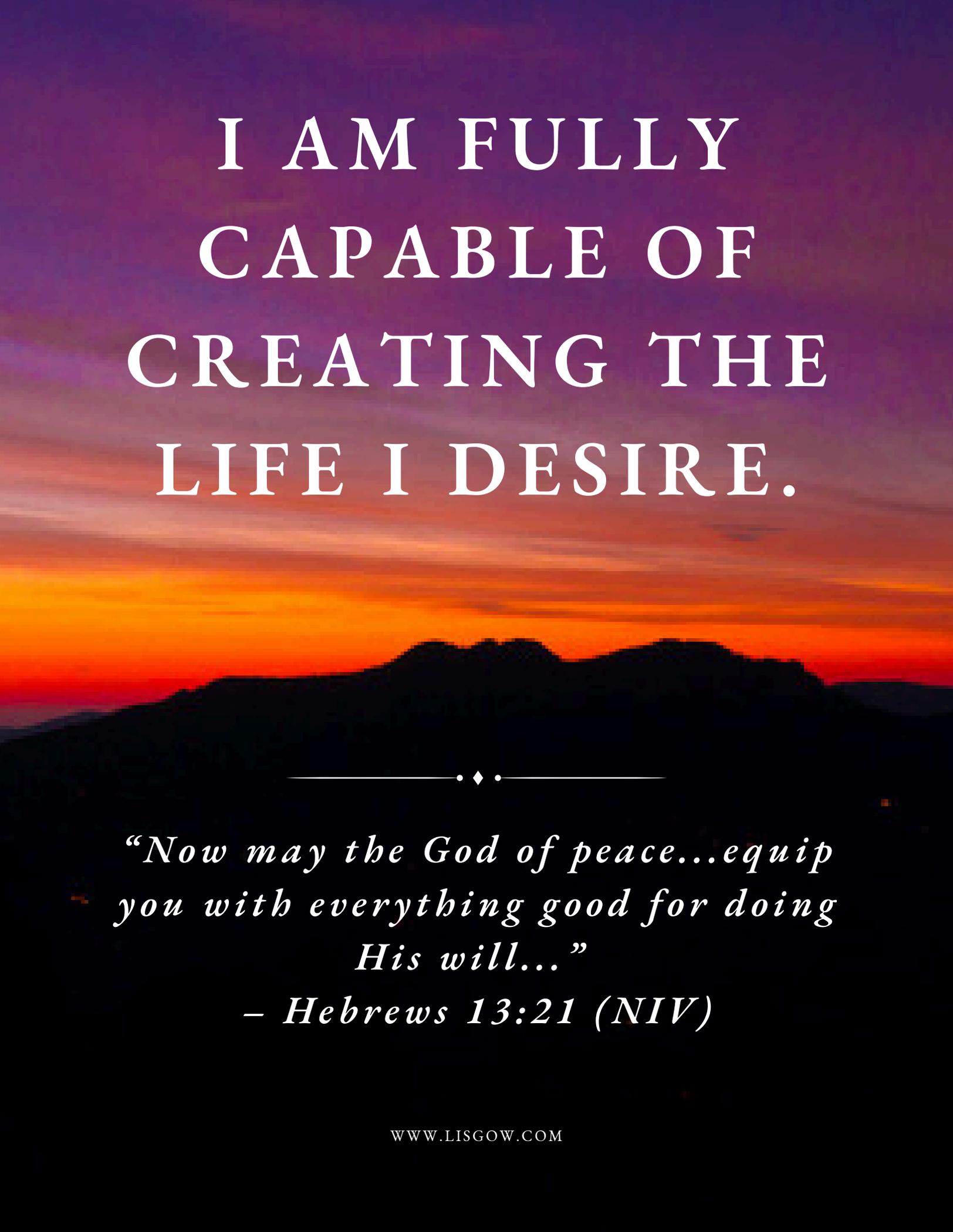
—♦—

*“Command those who are rich in
this present world not to be
arrogant nor to put their hope in
wealth...to be rich in good works, to
be generous and willing to share.”
– 1 Timothy 6:17-18 (NIV)*

“WITH A RENEWED
AND POSITIVE
MIND, I DRAW
ABUNDANCE,
FAVOR, AND
INCREASE INTO
MY LIFE.”

—♦—
*“Finally, brothers, whatever is true,
whatever is noble, whatever is right,
whatever is pure, whatever is lovely,
whatever is admirable—if anything is
excellent or praiseworthy—think about
such things.”*

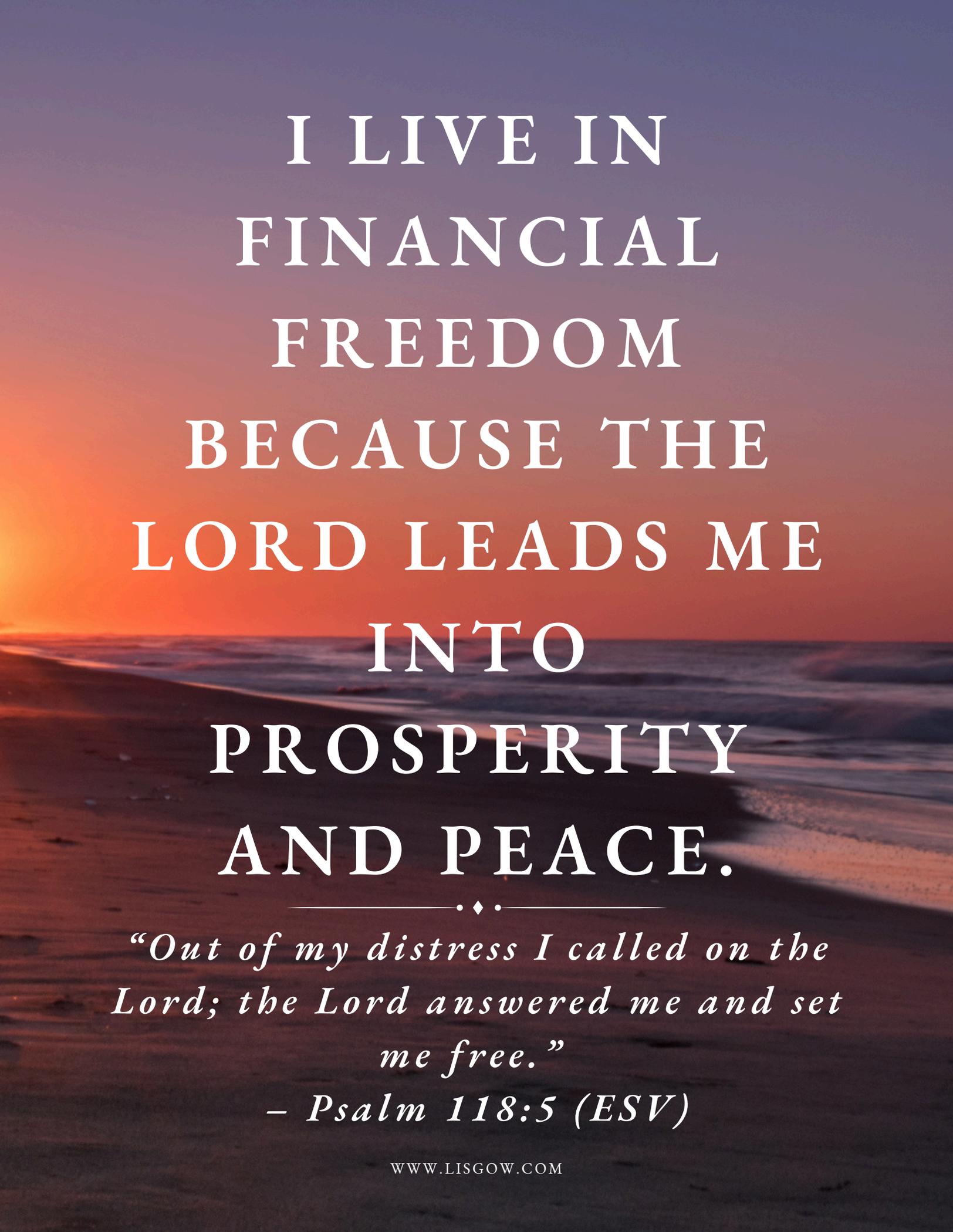
– Philipians 4:8 (NIV)



I AM FULLY
CAPABLE OF
CREATING THE
LIFE I DESIRE.

*“Now may the God of peace...equip
you with everything good for doing
His will...”*

– Hebrews 13:21 (NIV)



I LIVE IN
FINANCIAL
FREEDOM
BECAUSE THE
LORD LEADS ME
INTO
PROSPERITY
AND PEACE.

—♦—
*“Out of my distress I called on the
Lord; the Lord answered me and set
me free.”*

– Psalm 118:5 (ESV)

I STEP FORWARD
WITH COURAGE,
KNOWING GOD
IS WITH ME AND
I HAVE
NOTHING TO
FEAR.

*“The Lord is with me; I am not
afraid. What can mere mortals do
to me?”*

– Psalm 118:6 (NIV)



I TRUST IN GOD'S TIMING.

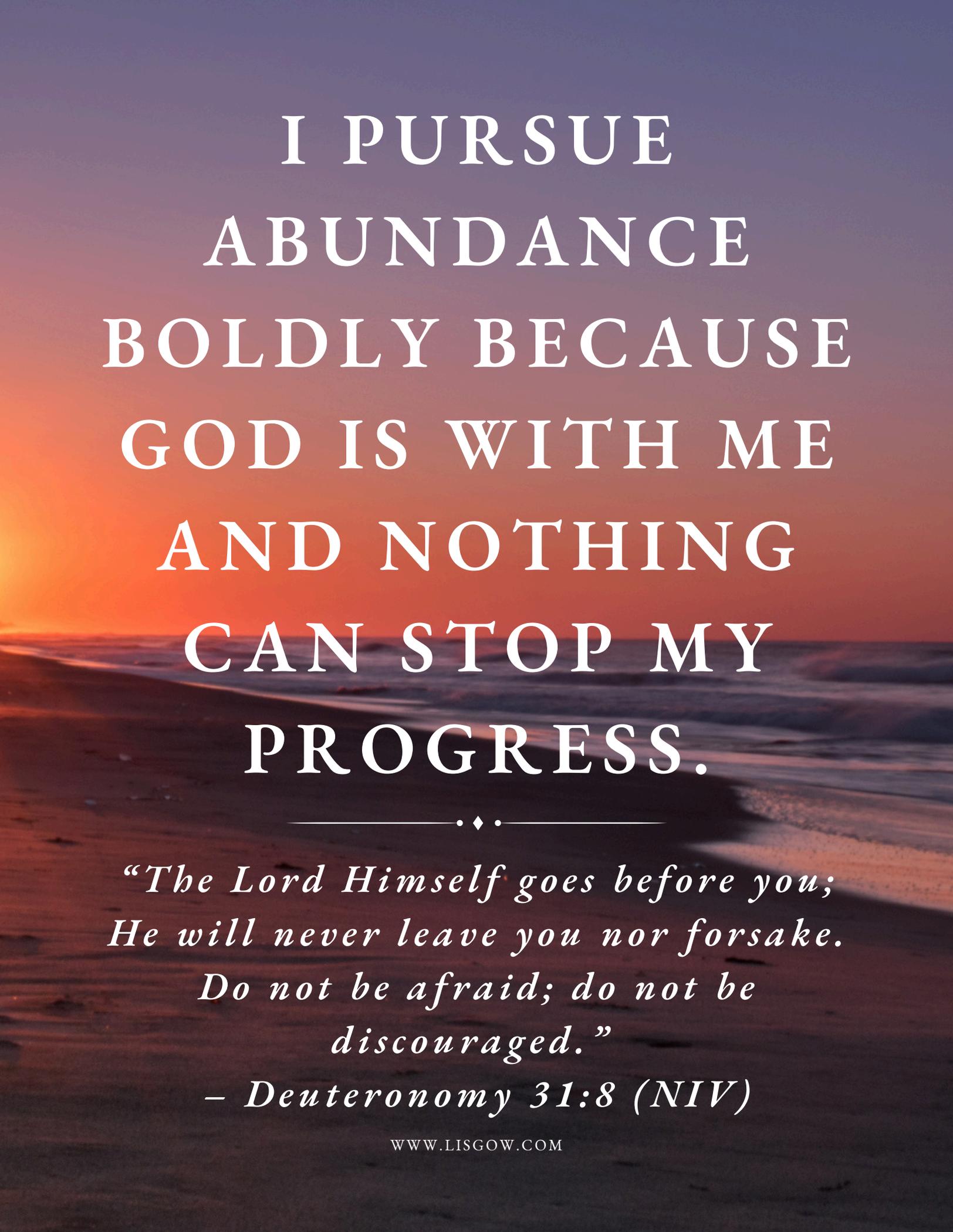
*“But they who wait on the Lord
shall renew their strength...”*

– Isaiah 40:31 (ESV)



I COMMIT MY
WAYS TO THE
LORD AND HE
WILL ACT ON
MY BEHALF.

*“Commit your way to the Lord; trust
in him, and he will act.”
– Psalm 37:5 (ESV)*



I PURSUE
ABUNDANCE
BOLDLY BECAUSE
GOD IS WITH ME
AND NOTHING
CAN STOP MY
PROGRESS.

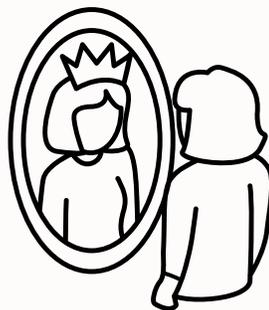
—◆—

*“The Lord Himself goes before you;
He will never leave you nor forsake.
Do not be afraid; do not be
discouraged.”*

– Deuteronomy 31:8 (NIV)

MAKE IT PERSONAL

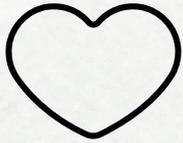
Use these blank pages to write affirmations that are personal and meaningful to you. Make it a habit to speak positive truths over your life and the lives of your loved ones. These pages are also a space to track your favorite affirmations, so you can revisit them, reflect on their impact, and watch your mindset grow stronger over time.

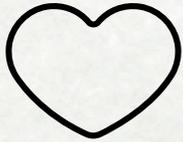


DAILY AFFIRMATIONS









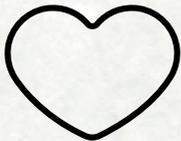




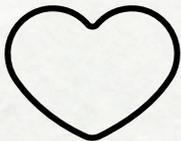




DAILY AFFIRMATIONS















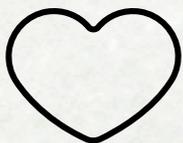


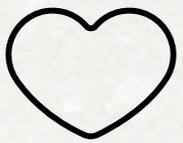
DAILY AFFIRMATIONS



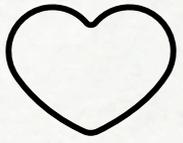














Thank you

FOR READING

I hope these affirmations have reminded you of the power you hold to shape your reality and design the life you truly desire. And I pray they have filled your heart with hope, reminding you that you are enough—right here, right now. Feel free to personalize the affirmations and use the blank pages that follow to add other affirmations that are more personal to you.

Don't forget, every time you speak life into yourself, you're taking another step toward the person you were meant to become. The person God designed you to be. So speak kindly to yourself. Be patient with your growth. Remember, you don't need to have it all figured out to move forward; you just have to believe that you can.

You have everything within you to become who you were meant to be. Stay consistent, and never forget: you are capable, deserving, and destined for more. Keep going.

I believe in you. I'm rooting for you.

— *Lis*