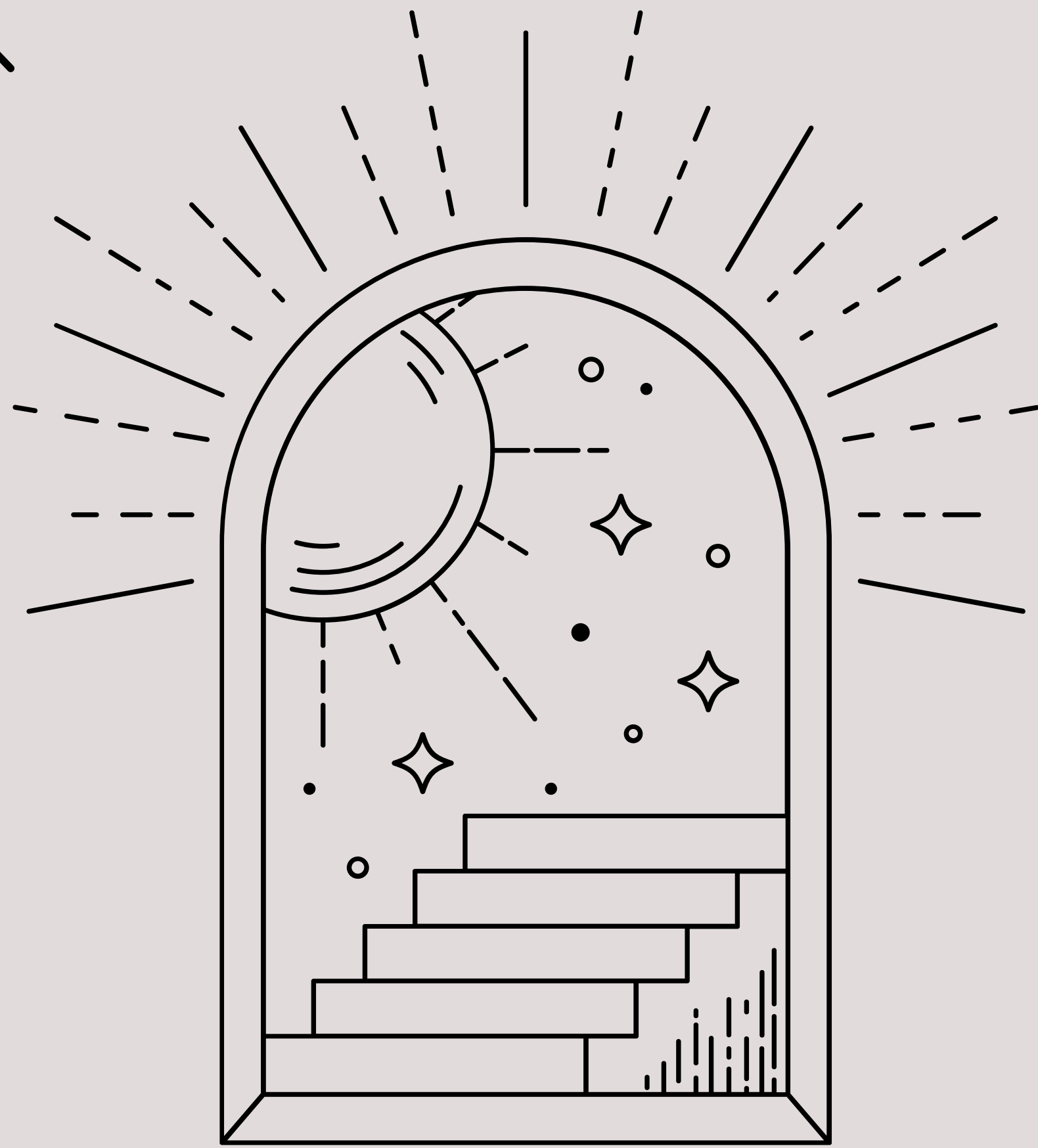


Lady Geepers.com



AFFIRMATIONS



I ATTRACT PEOPLE WHO
ALIGN WITH MY VALUES,
SEE MY VISION AND
HELP ME TO ACHIEVE MY
GOALS



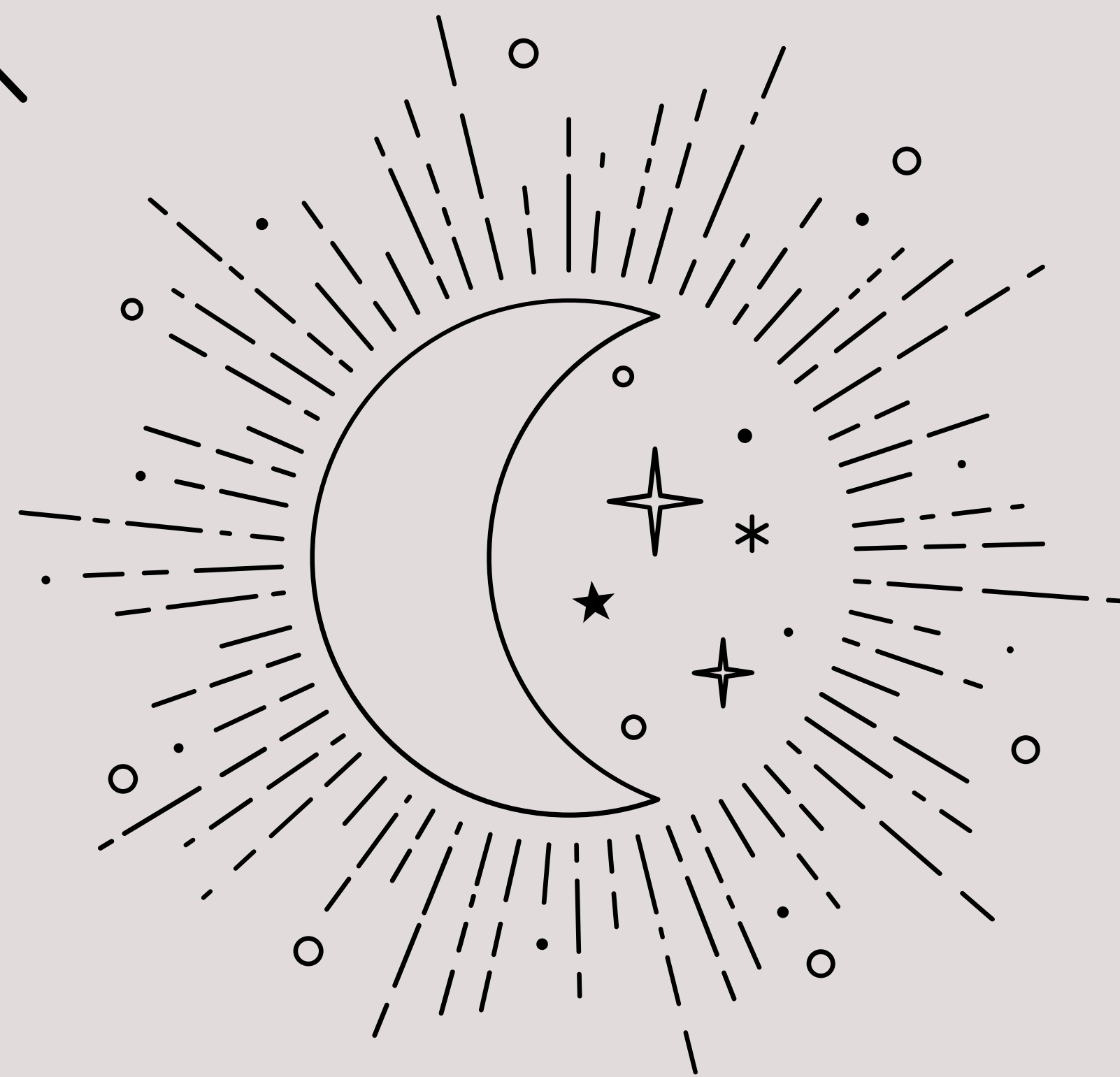
MY LIFE IS
CONSTANTLY
GROWING AND I AM
BEYOND GRATEFUL
FOR THAT




I AM STRONG



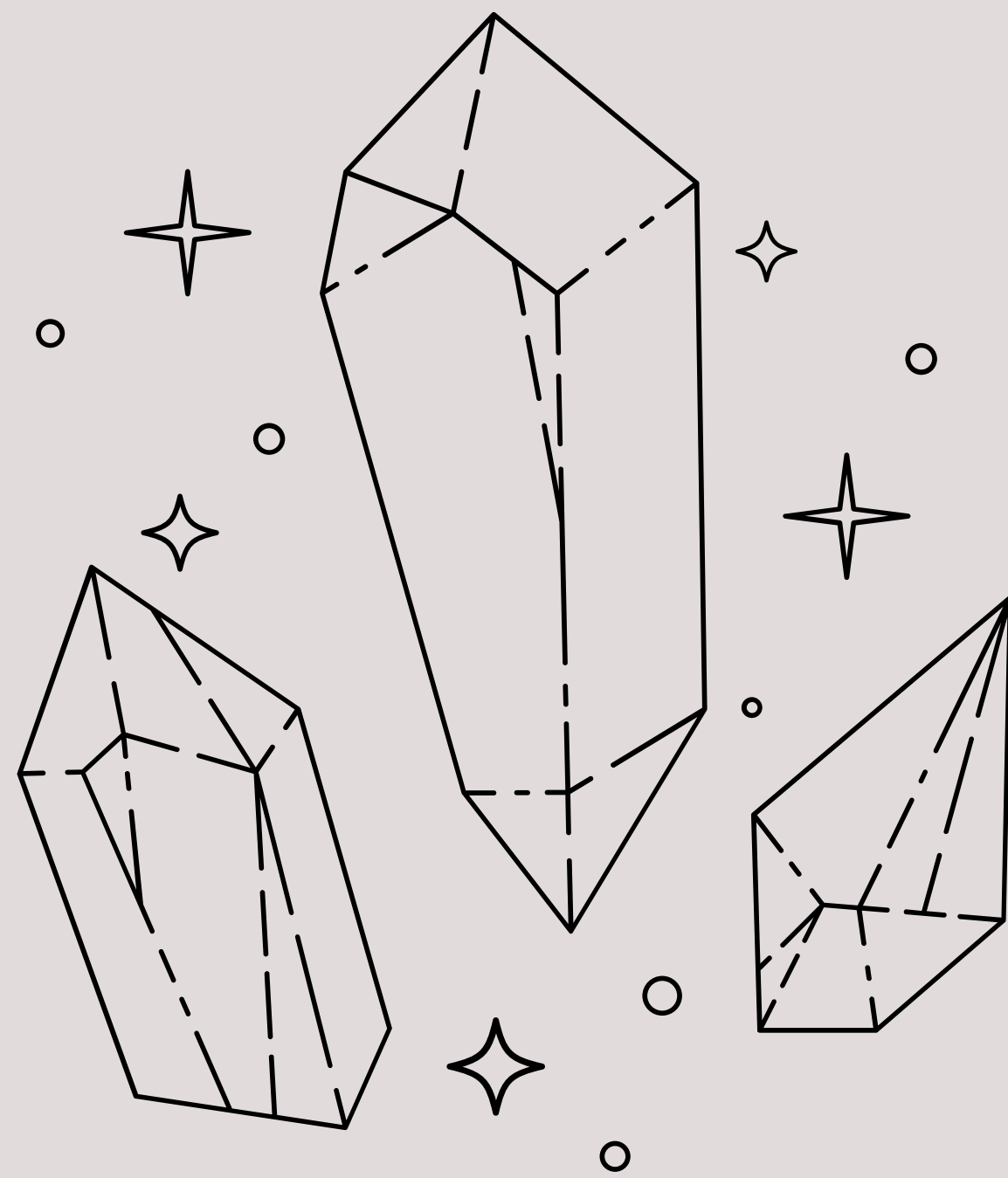
EVERY DAY I AM
BUILDING A SUCCESSFUL
RELATIONSHIP



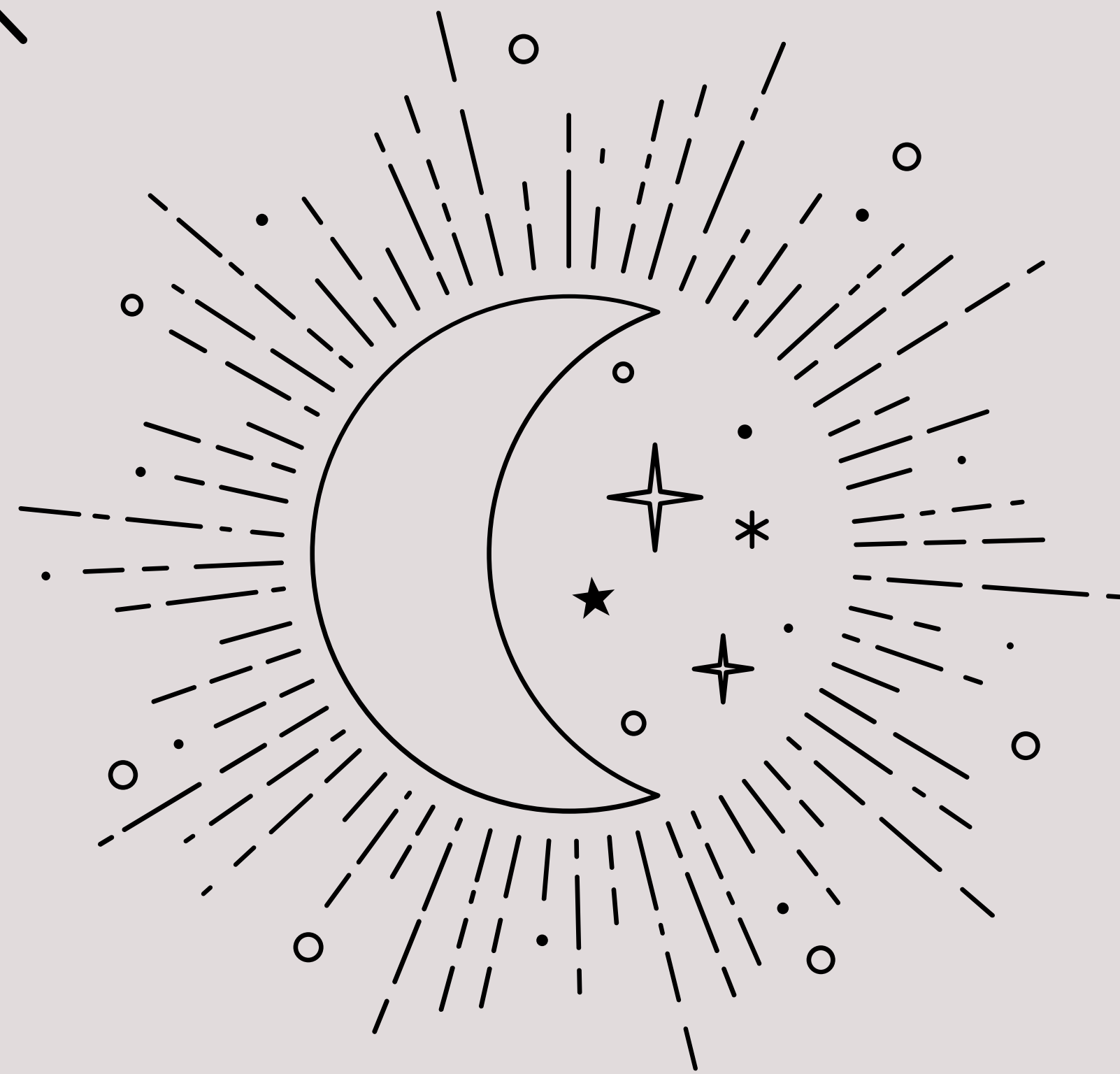
I AM CREATIVE AND
RESOURCEFUL. THAT'S
WHY I WILL ALWAYS FIND
A WAY TO MAKE THINGS
WORK



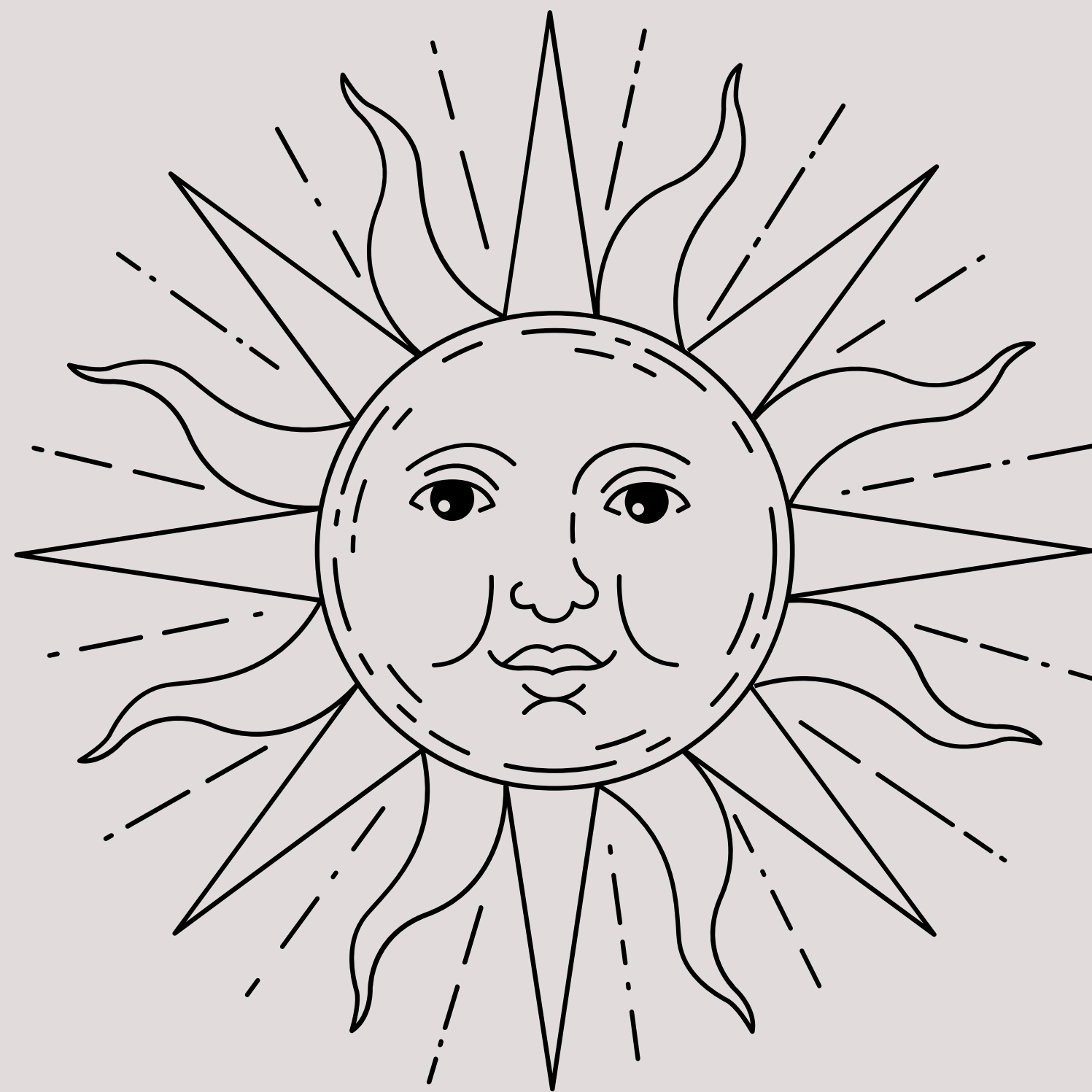
I DON'T COMPARE
MYSELF WITH OTHERS
BECAUSE I AM ONLY IN
COMPETITION WITH
MYSELF



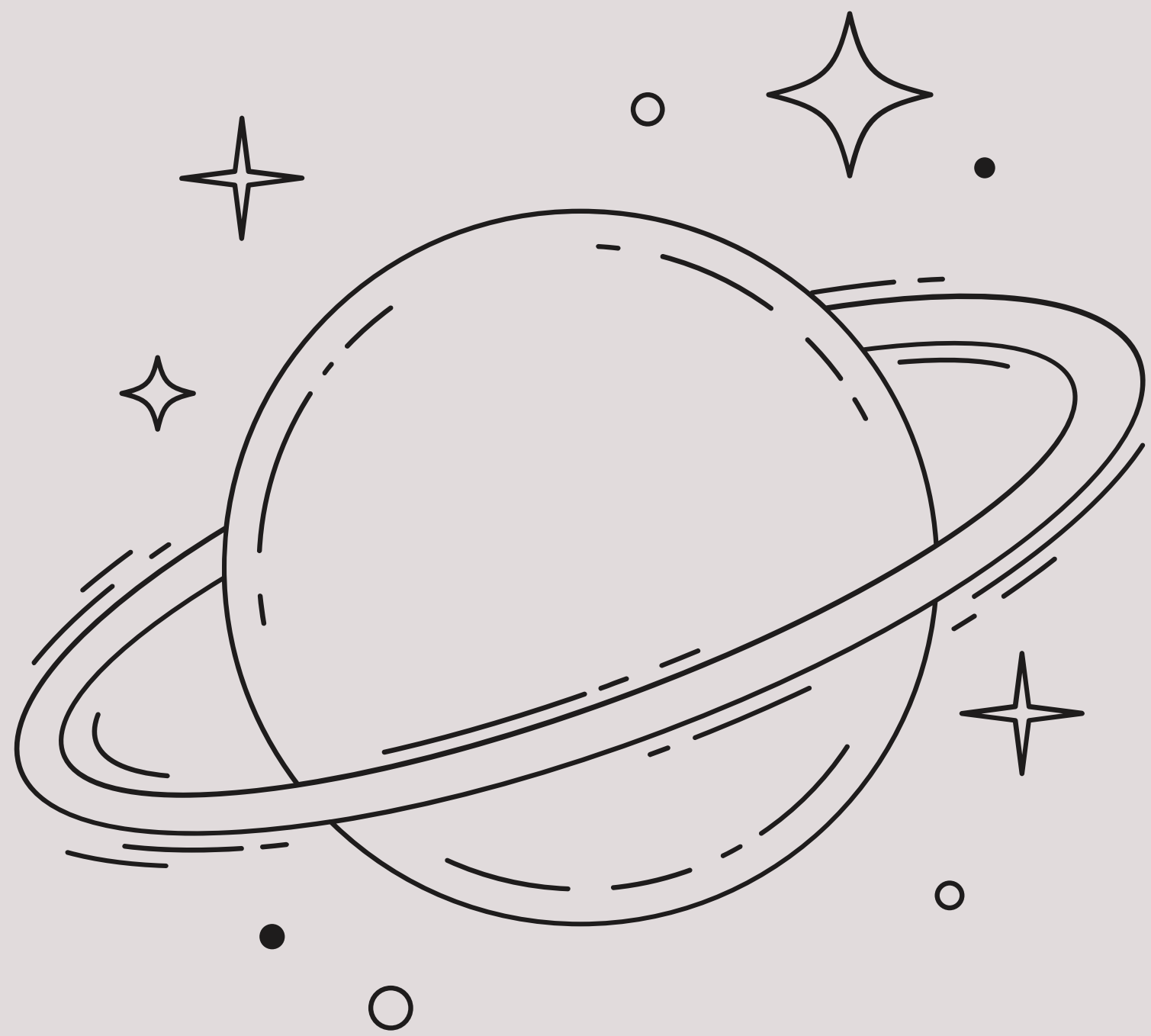
I TRUST THE PROCESS
BECAUSE I KNOW THAT
CONSISTENT EFFORT
COMPOUNDS INTO
EXTRAORDINARY SUCCESS
THAT'S WHY IT'S EASY FOR
ME TO KEEP SHOWING UP
EVERY DAY



I AM A BORN
PROBLEM SOLVER



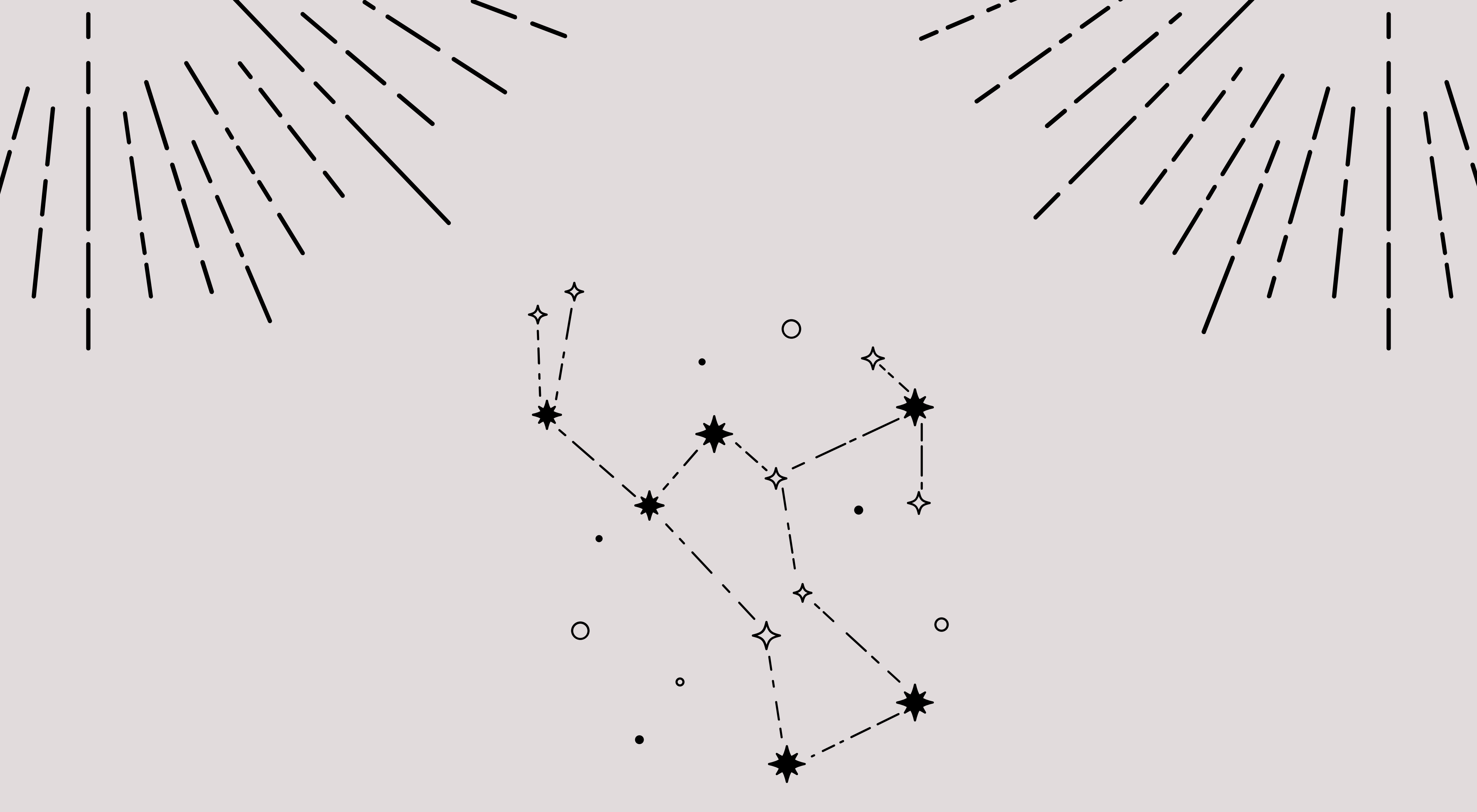
I AM GREAT AT FINDING
SOLUTIONS AND I AM
OPEN TO IDEAS AND
SUGGESTIONS FROM
OTHERS



I CAN'T LOSE BECAUSE I
AM PLAYING THE LONG
GAME



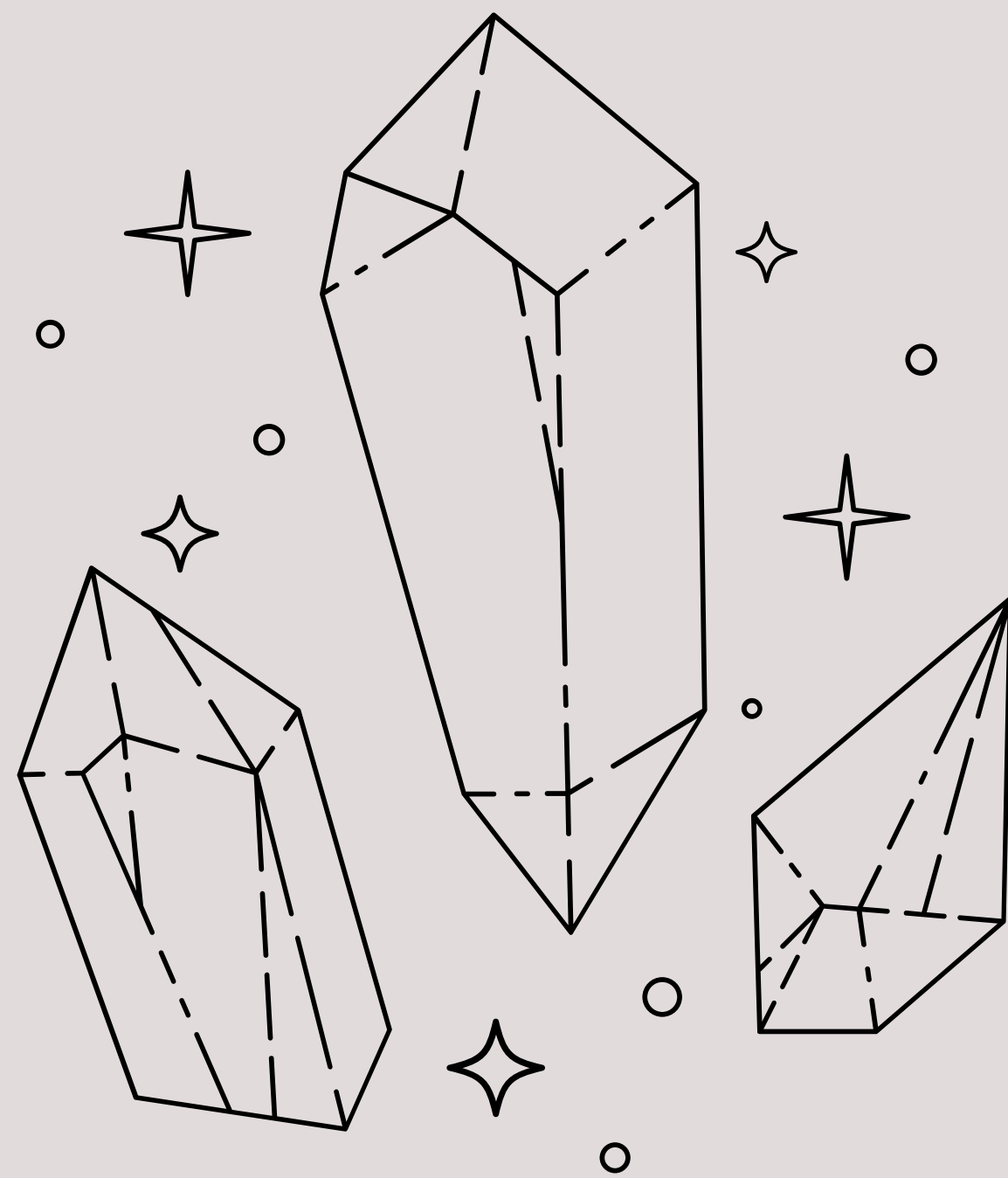
EVERY DAY I BECOME
MORE AND MORE
CONFIDENT. I RELEASE
ALL INSECURITIES AND
DOUBTS



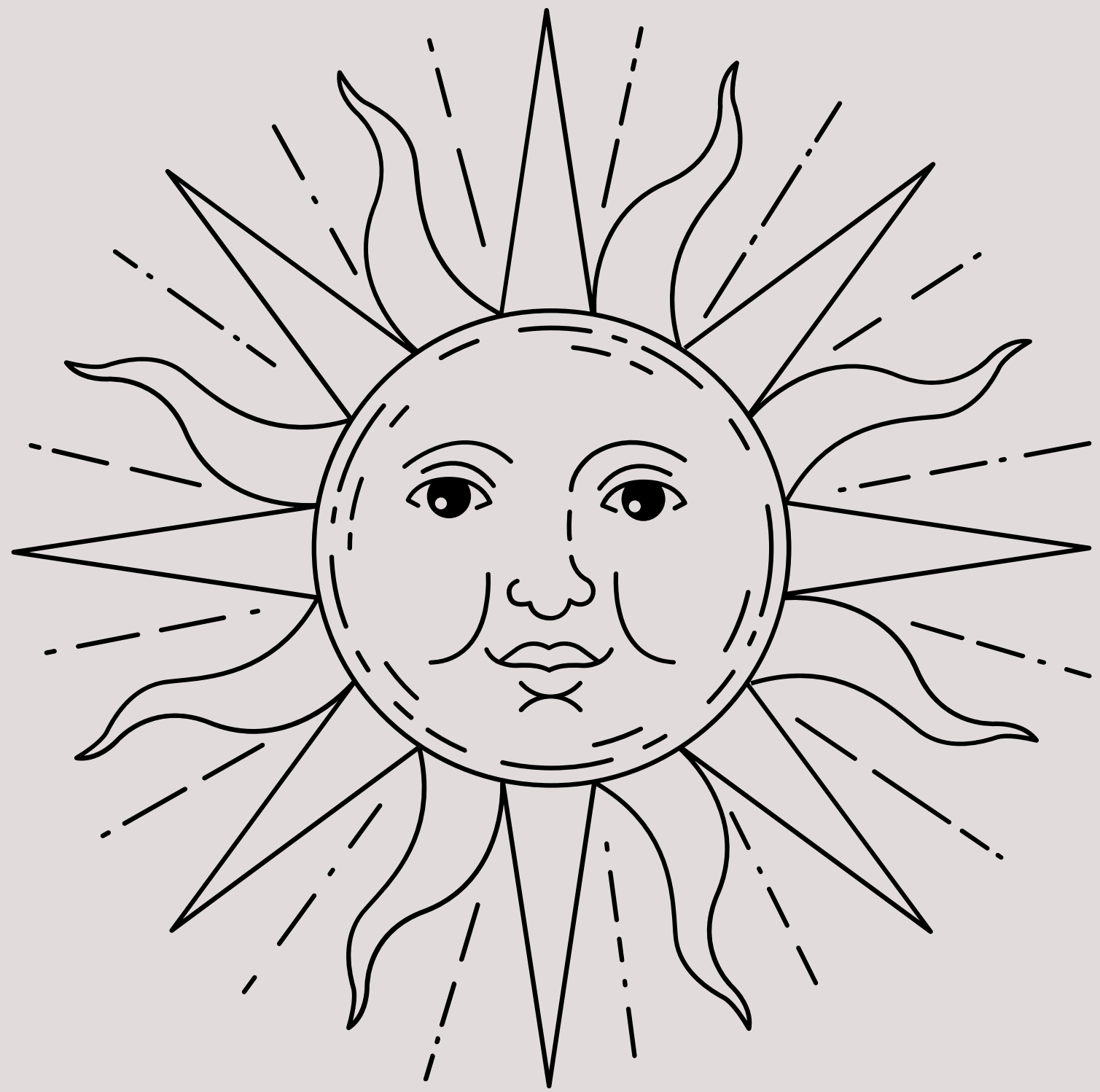
EVERY DAY I FIND IT EASIER
TO SPOT AND LET GO OF
SELF-SABOTAGING
THOUGHTS AND BEHAVIORS



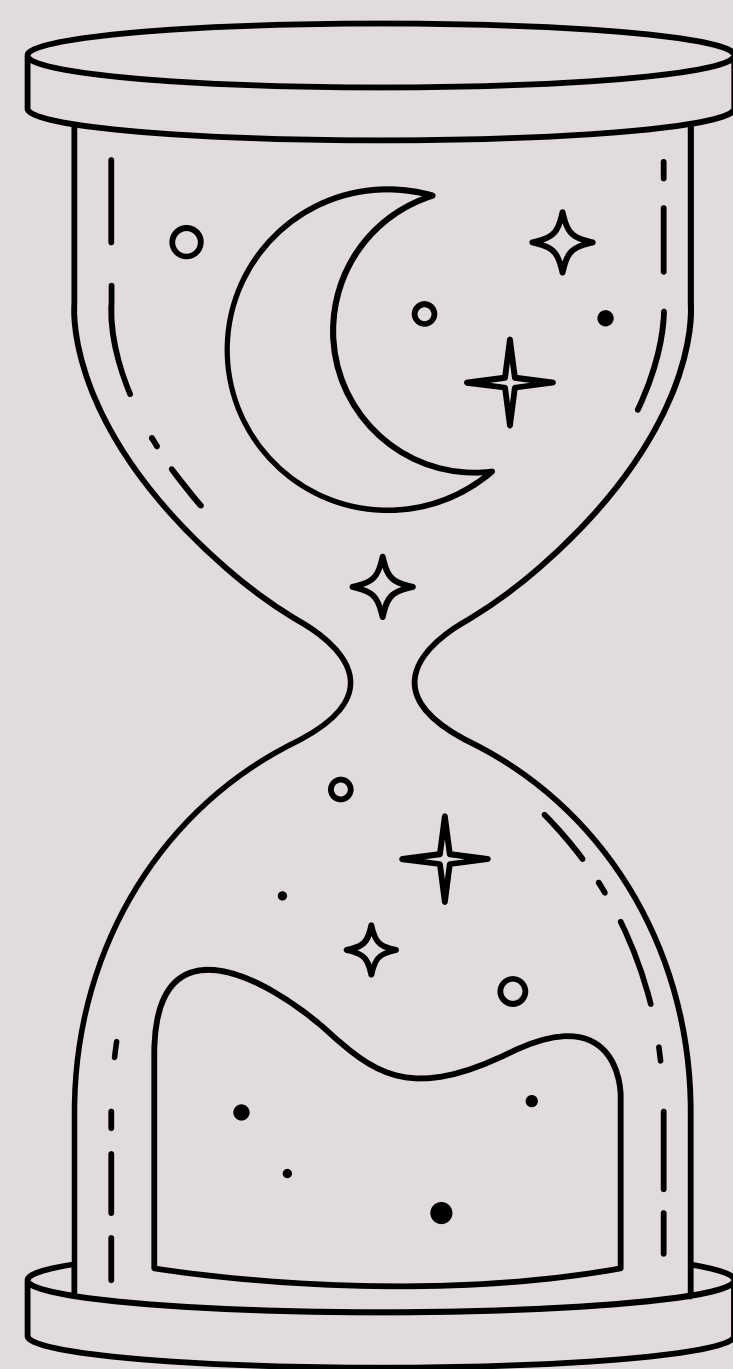
I INVITE NEW
OPPORTUNITIES THAT
ARE ALIGNED WITH MY
VALUES AND VISION INTO
MY LIFE



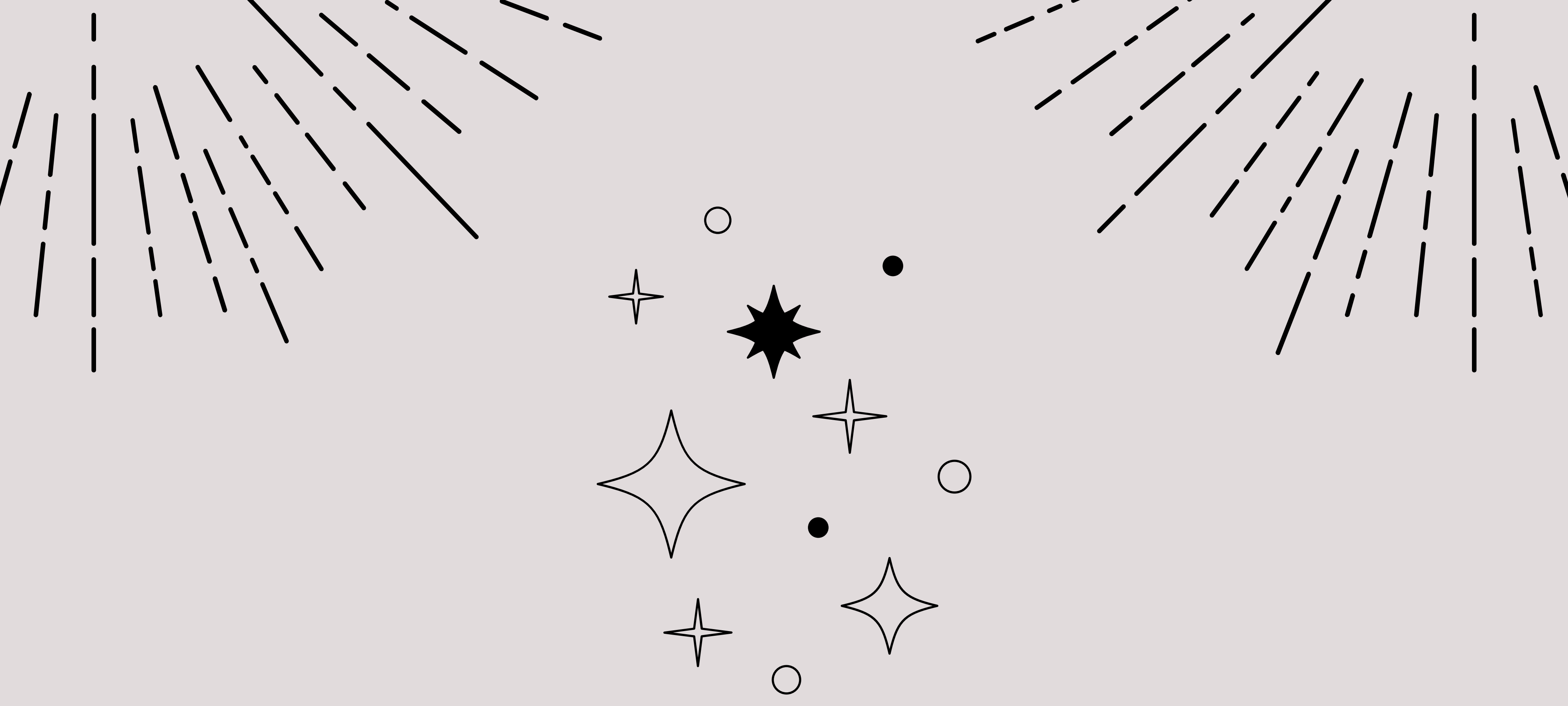
I CAN TELL THE
DIFFERENCE BETWEEN AN
OPPORTUNITY AND A
DISTRACTION. IF IT'S A
DISTRACTION I CAN SAY
NO FAST AND WITH EASE



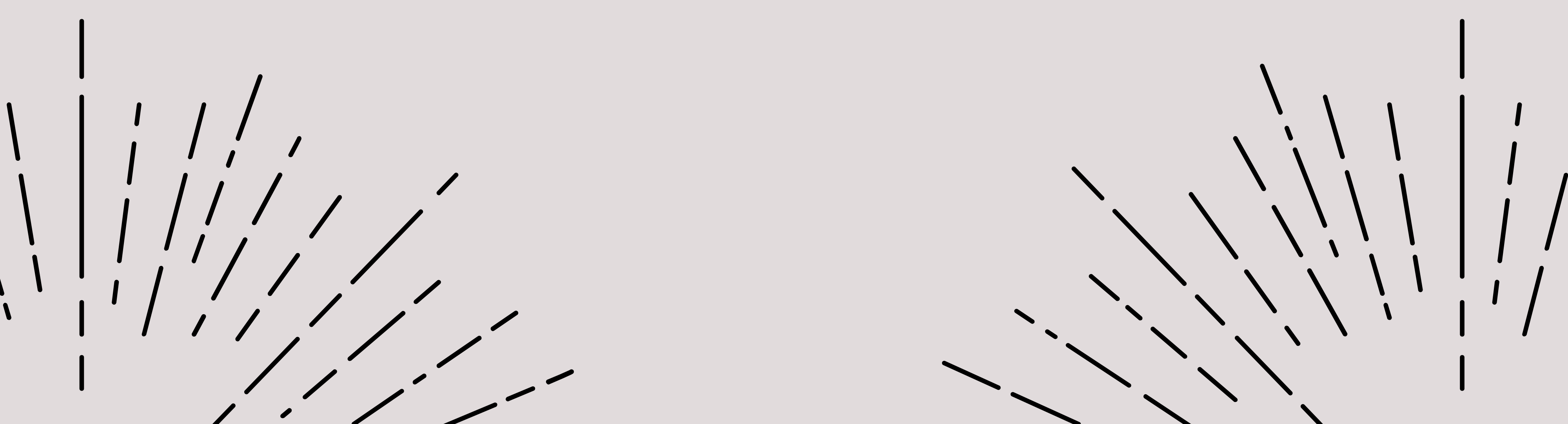
I AM THE BOSS: IT'S MY
LIFE AND I AM ENTITLED
TO MAKE THE RULES



I AM THE MOST GRATEFUL
PERSON AND I AM AWARE
OF ALL THE WORK MY
TEAM PUTS IN. THAT'S
WHY I NEVER HESITATE TO
SHOW APPRECIATION AND
GIVE POSITIVE FEEDBACK



I AM GRATEFUL FOR THE
SUPPORT I CAN GIVE TO
OTHERS IN MY LIFE. I TAKE
THE SUPPORT THAT I AM
GIVEN WITH APPRECIATION





I ALWAYS SEE THE BIG
PICTURE, THAT'S WHY I
NEVER TAKE ANYTHING
PERSONALLY



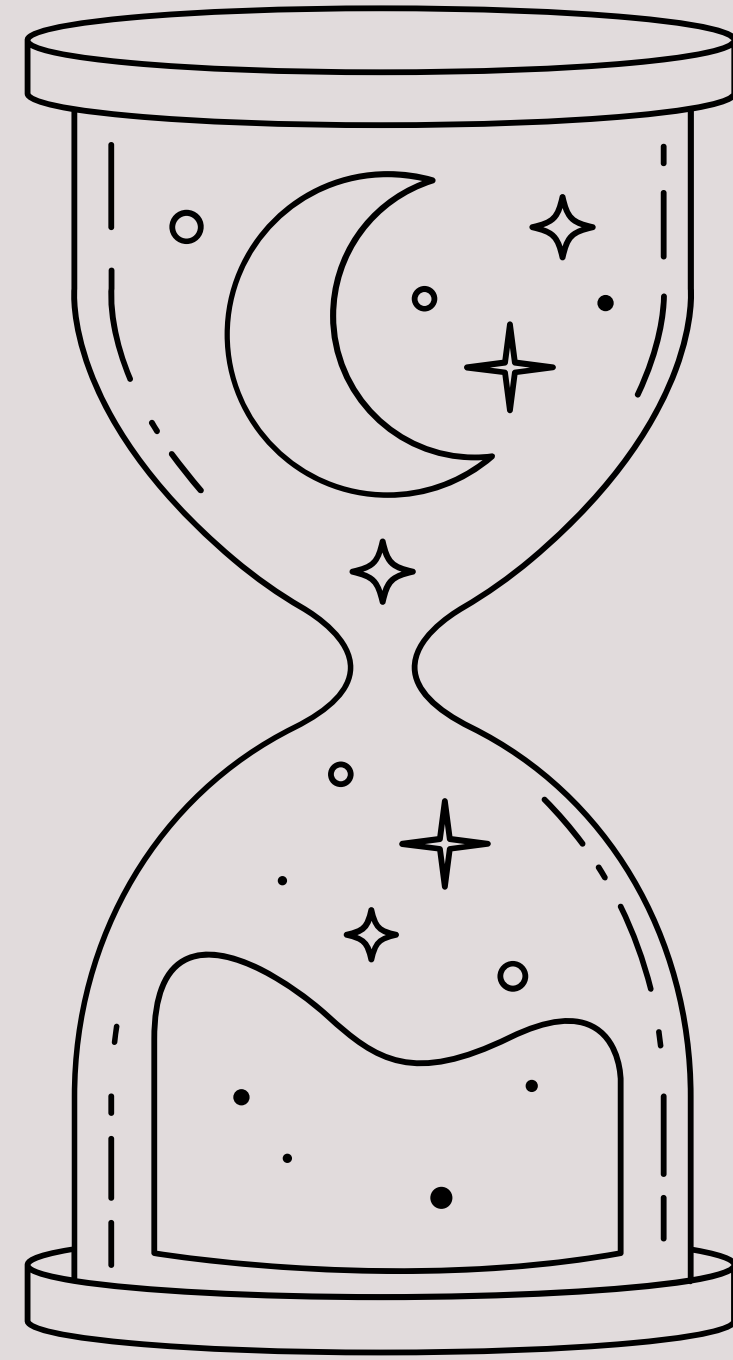
EVERY DAY I GET BETTER
AT MANAGING MYSELF,
MY TIME AND MY
EMOTIONS. THE MORE I
GROW AS A PERSON, THE
MORE MY LIFE WILL
GROW



EVERY DAY I CREATE
AVENUES FOR GROWTH
FOR MYSELF AS WELL AS
OTHERS



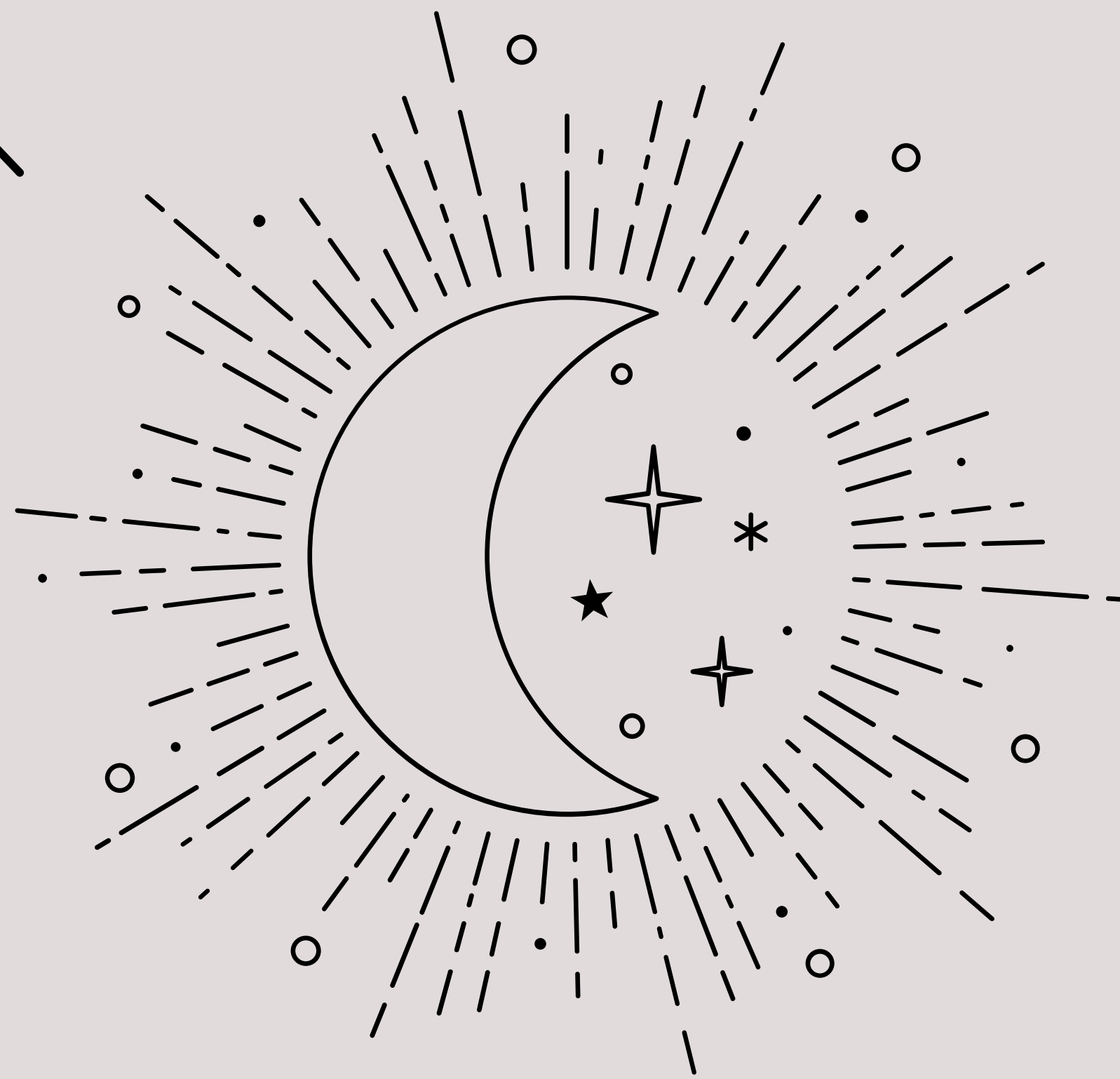
I LOOK UP TO MY PEERS
FOR INSPIRATION AND
GUIDANCE AND AT THE
SAME TIME I TRUST MY
INTUITION AND DO
THINGS MY WAY



EVERYTHING I DO IN LIFE
ALIGNS WITH MY CORE
VALUES



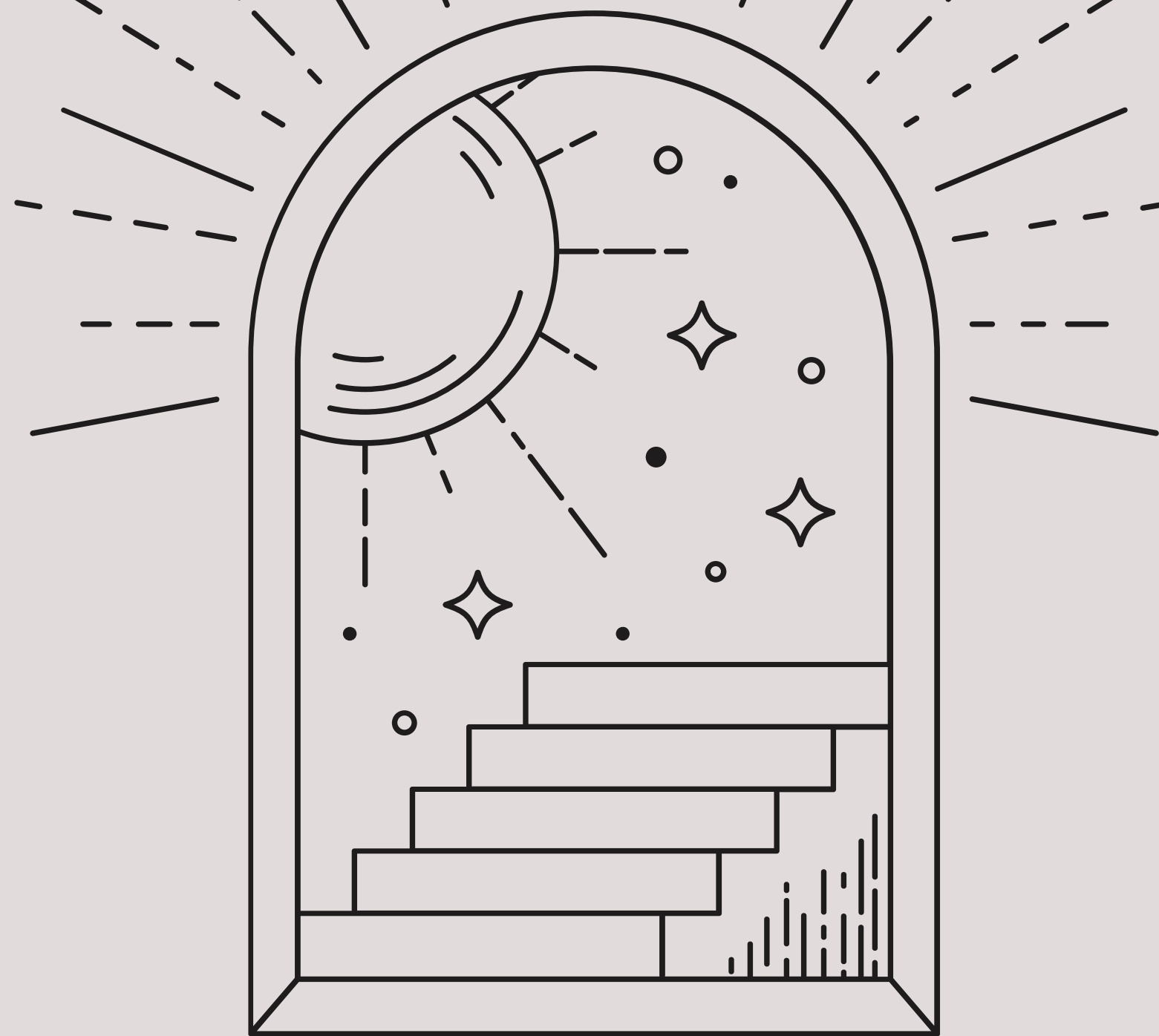
I AM A DECISION MAKER: I
AM CLEAR AND FOCUSED
AND I MAKE DECISIONS
FAST BECAUSE I KNOW THAT
DELAYING A DECISION IS A
DECISION IN ITSELF AND I'D
RATHER CREATE THAN
REACT



I HAVE A CLEAR VISION
AND I AM DOING ALL THE
RIGHT THINGS EVERY
SINGLE DAY TO MAKE IT
COME TO LIFE



I AM SOLELY RESPONSIBLE
FOR THE GROWTH AND
SUCCESS OF MY LIFE. I
DON'T BLAME, I DON'T
COMPLAIN. I GOT WHAT IT
TAKES AND I DO WHAT IT
TAKES



I UNDERSTAND THAT
SOMETIMES PEOPLE WILL
GET MAD AT ME FOR
SETTING A BOUNDARY
AND THAT'S OK



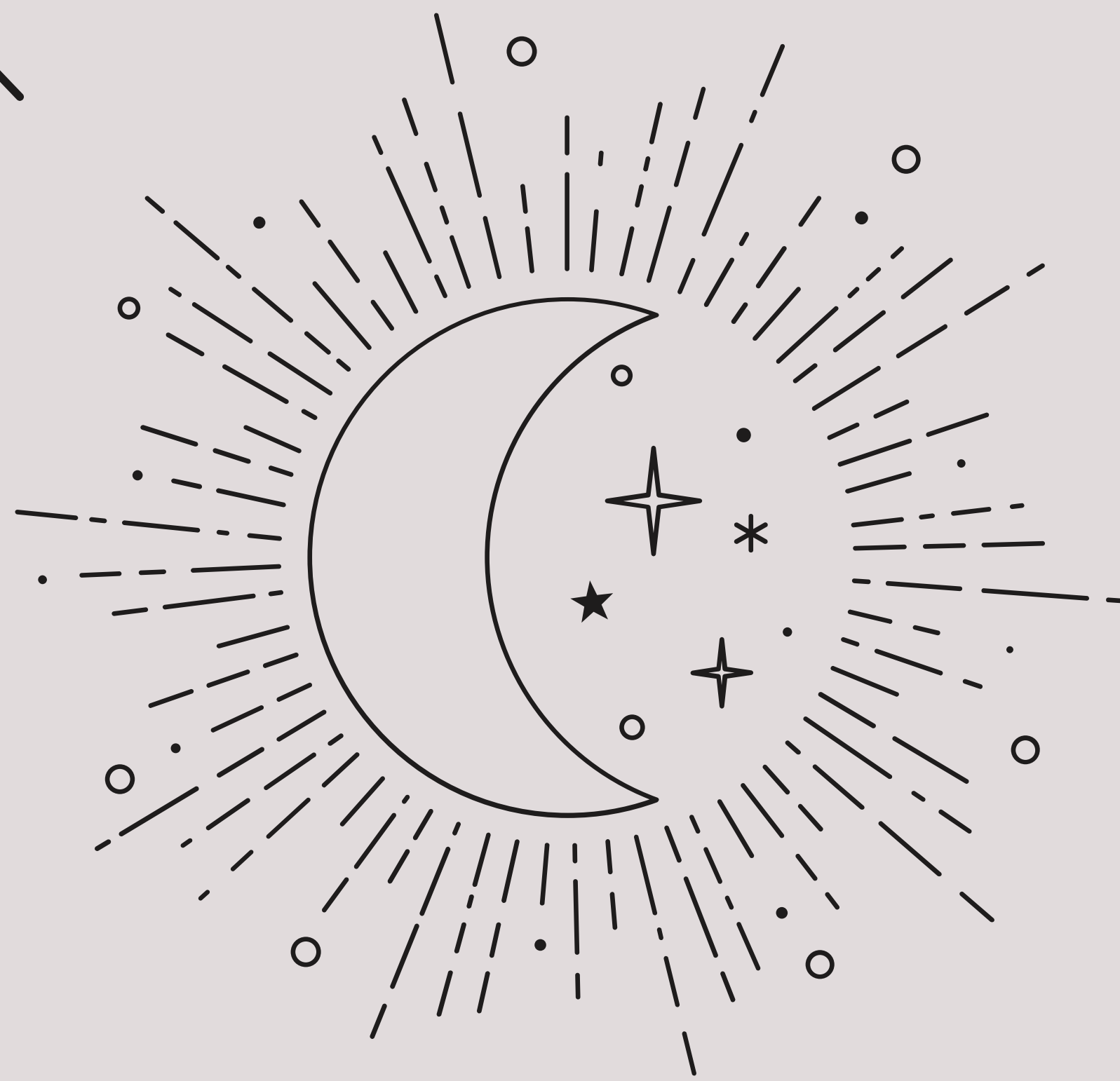
I OUTGREW OVER-
APOLOGIZING AND I
AM PROUD OF THAT



EVERYONE IS
RESPONSIBLE FOR
THEIR OWN WORDS,
ACTIONS AND
FEELINGS. I WASN'T
BORN TO COMFORT
AND PLEASE
EVERYONE



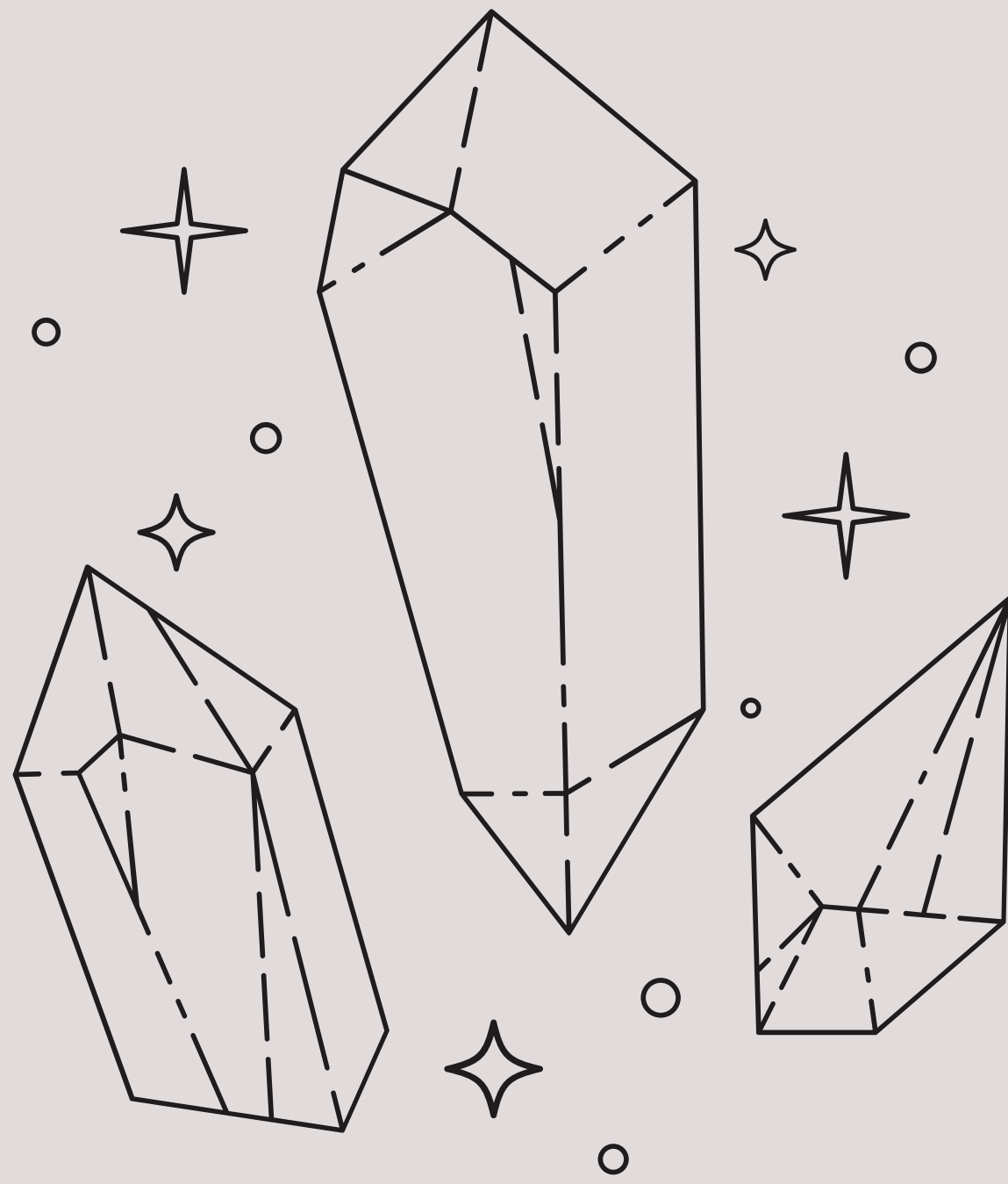
"BECAUSE I DON'T WANT
TO" IS A PERFECTLY
VALID REASON FOR
SAYING NO



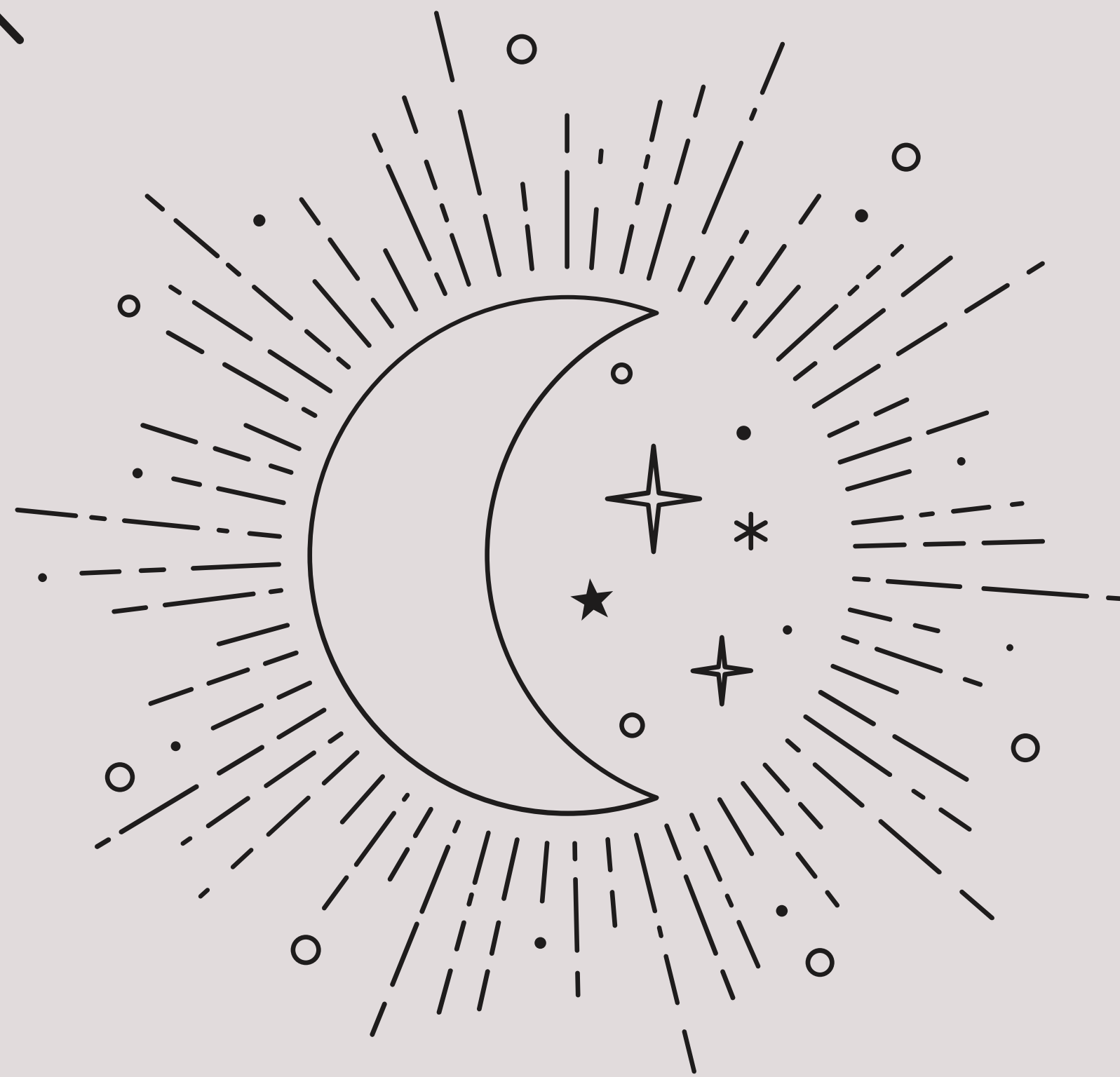
I TRUST MY GUT-
FEELINGS AND
JUDGMENTS



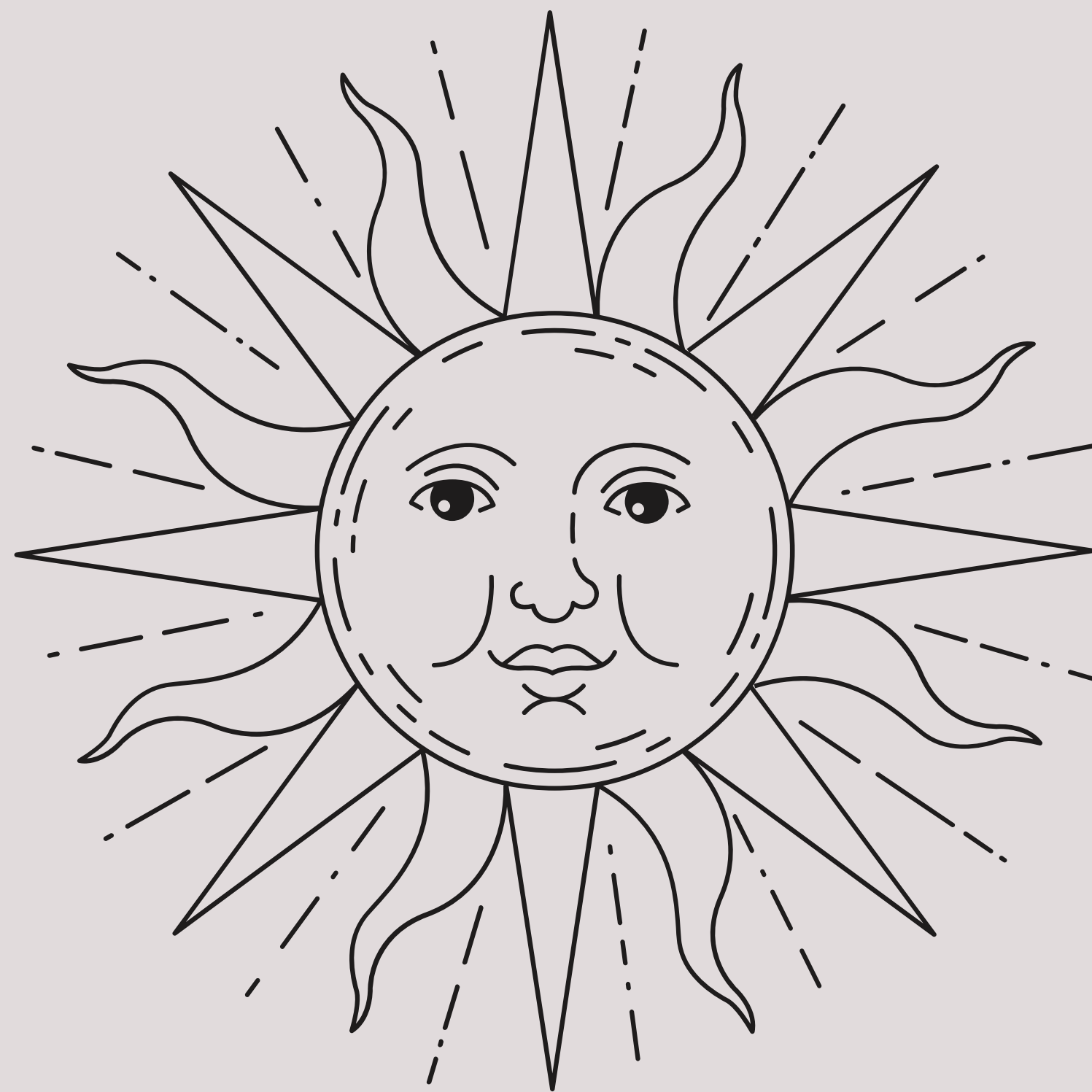
I WILL ONLY SURROUND
MYSELF WITH PEOPLE
THAT HAVE MY BEST
INTEREST IN MIND



MY TIME AND
ENERGY ARE
VALUABLE



EVERY DAY I
CHOOSE TO
HONOR MY
BOUNDARIES



IT'S NOT MY JOB TO
ANTICIPATE THE NEEDS
OF OTHERS



SETTING BOUNDARIES IN
A KIND BUT FIRM WAY IS
MY PATH TO ATTRACT
AMAZING PEOPLE INTO
MY LIFE



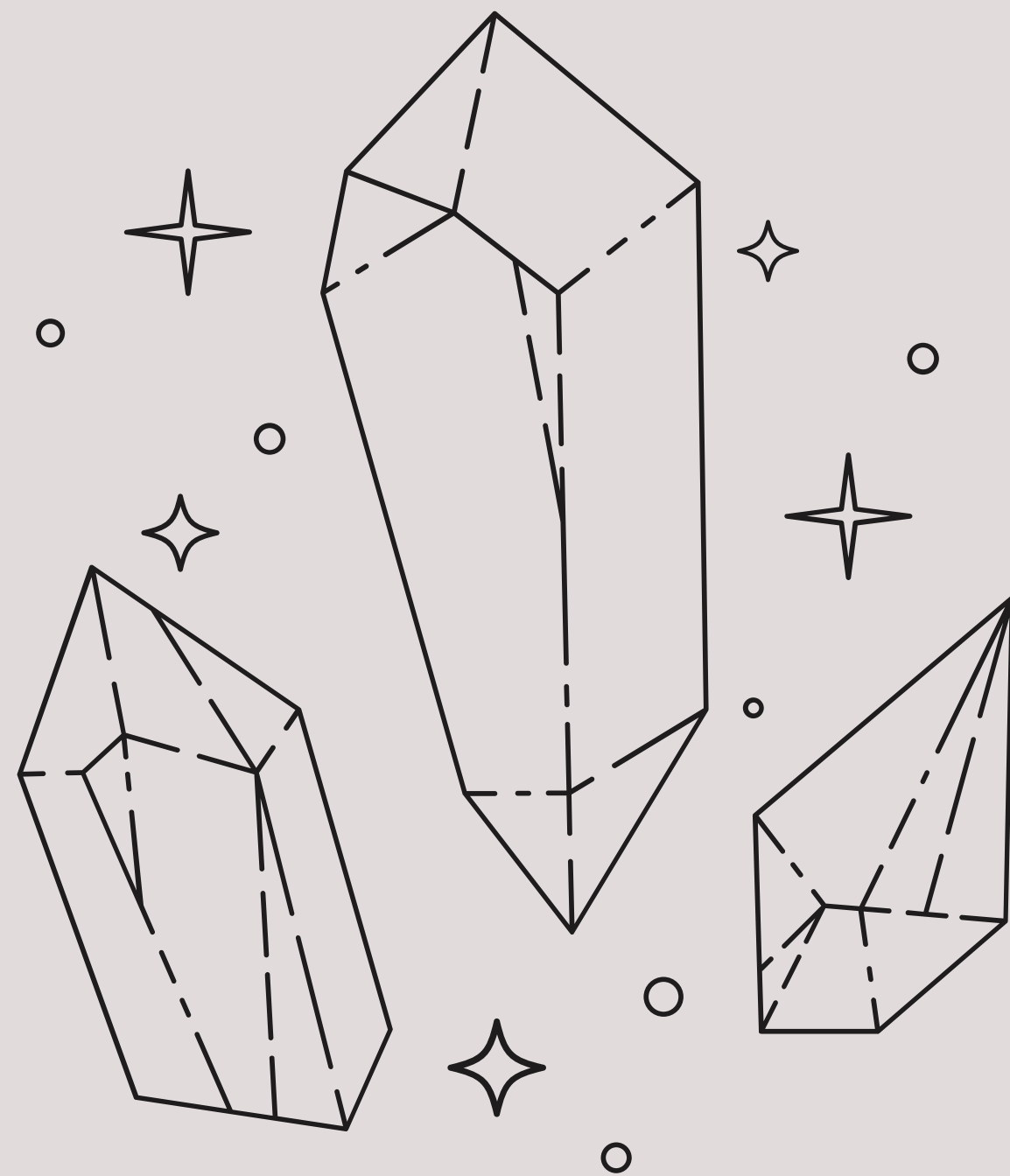
BOUNDARIES ARE
BEAUTIFUL AND
THEY PROTECT ME.
THEY ARE
KRYPTONITE TO
TOXIC PEOPLE AND
NARCISSISTS



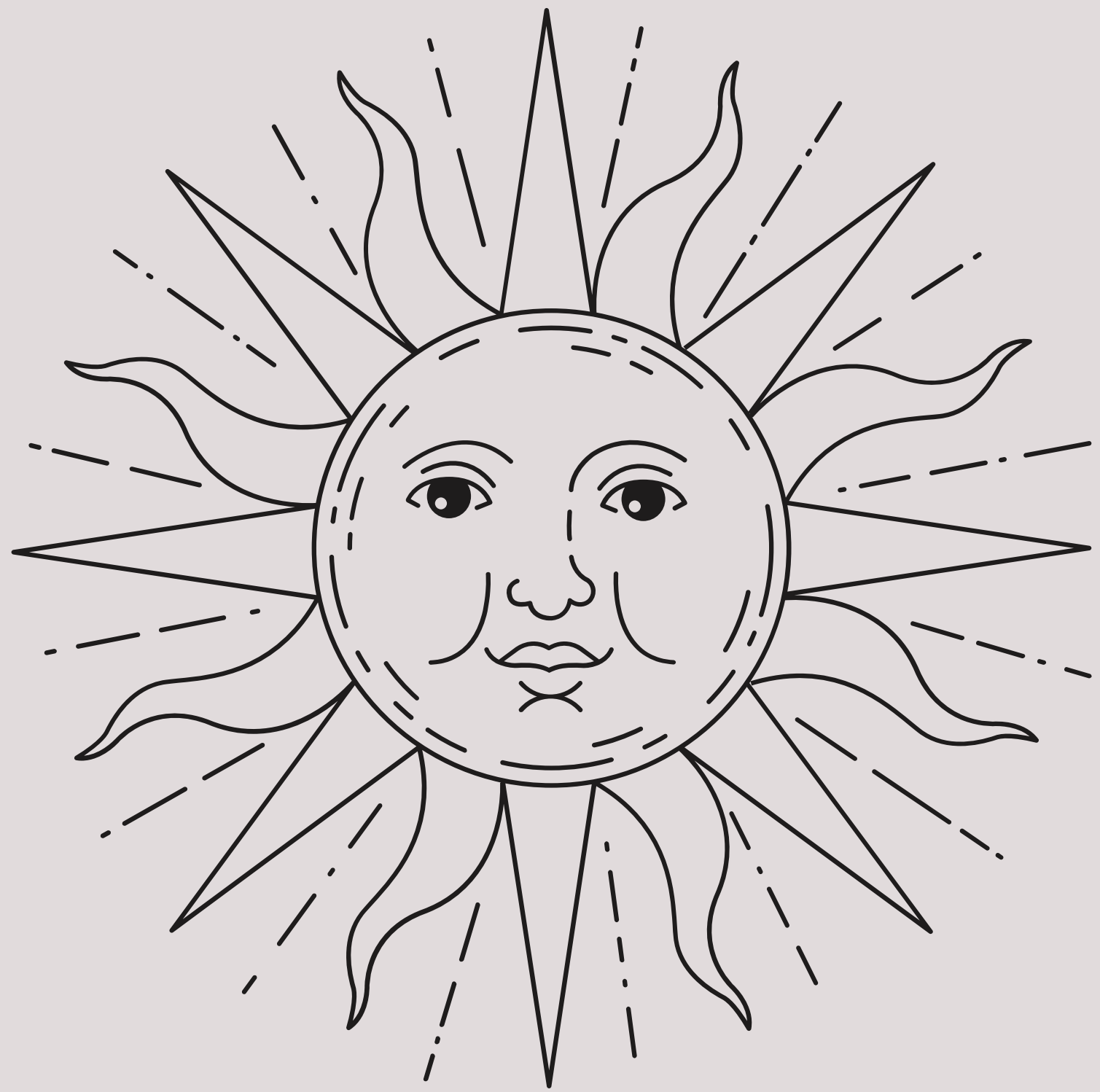
NO ONE HAS TO
AGREE WITH ME. I AM
ENTITLED TO MY
OWN TRUTH.



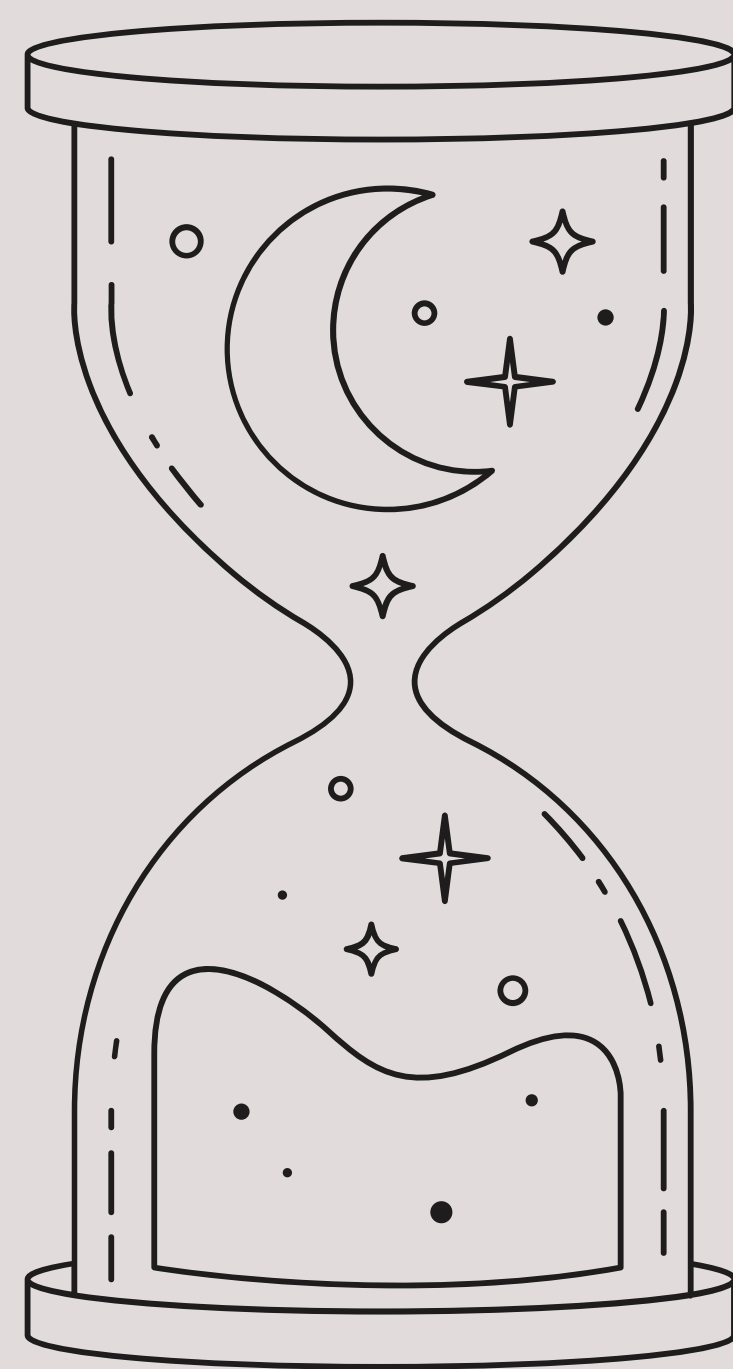
MY FEELINGS
ARE VALID



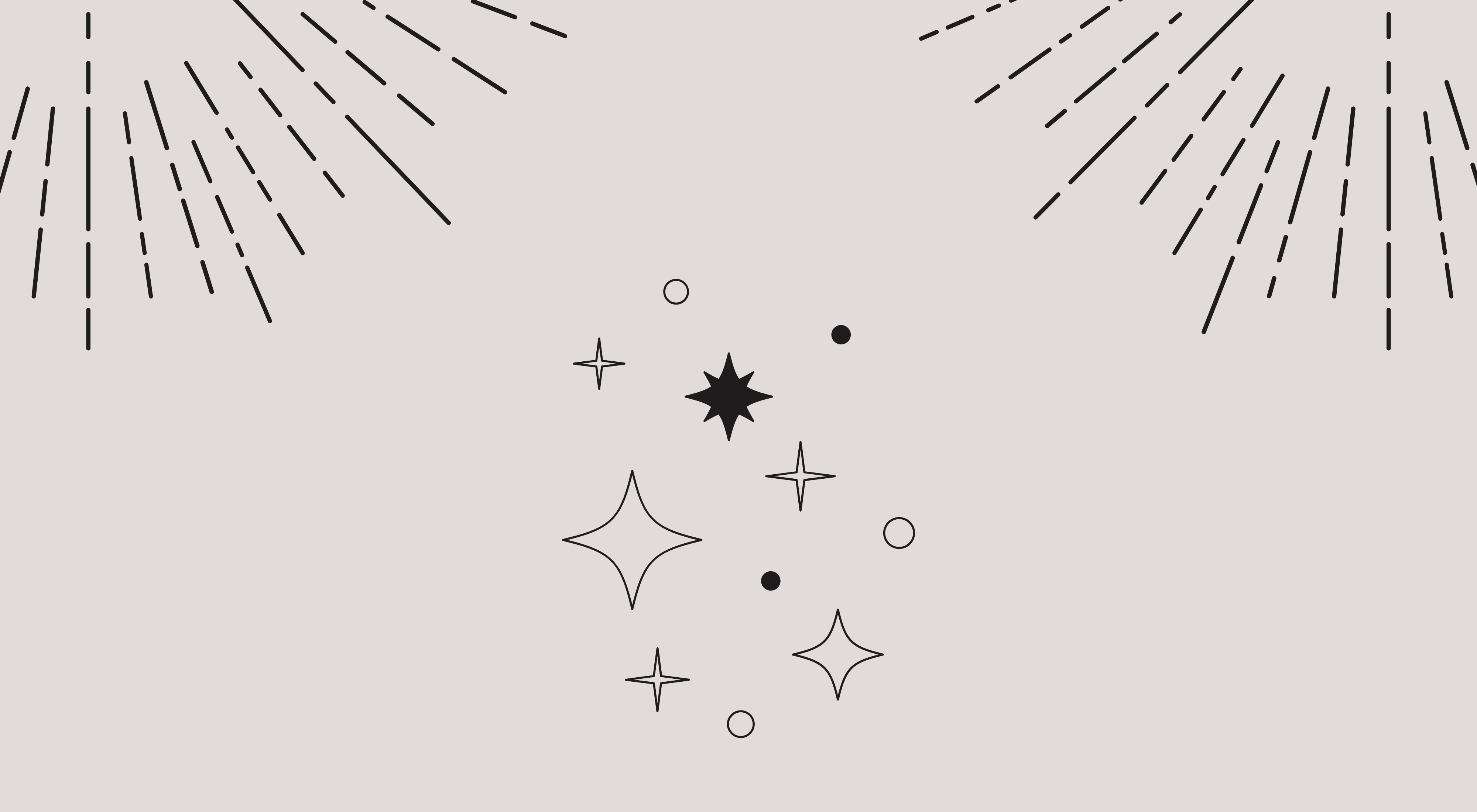
I AM ALLOWED TO EXPRESS
MY ANGER. IT'S A NATURAL
EMOTION AND IF I LISTEN TO
MYSELF EARLY ENOUGH I
WILL BE ABLE TO EXPRESS IT
IN AN HEALTHY WAY
(ASSERTIVE, NOT
AGGRESSIVE)



IT'S OK TO NOT ALWAYS
FEEL OK. I AM
NORMALIZING FEELING
ANGRY, FRUSTRATED, SAD
OR OVERWHELMED
SOMETIMES



I AM
COMPASSIONATE
WITH MYSELF



SELFCARE
COMES
NATURALLY
TO ME



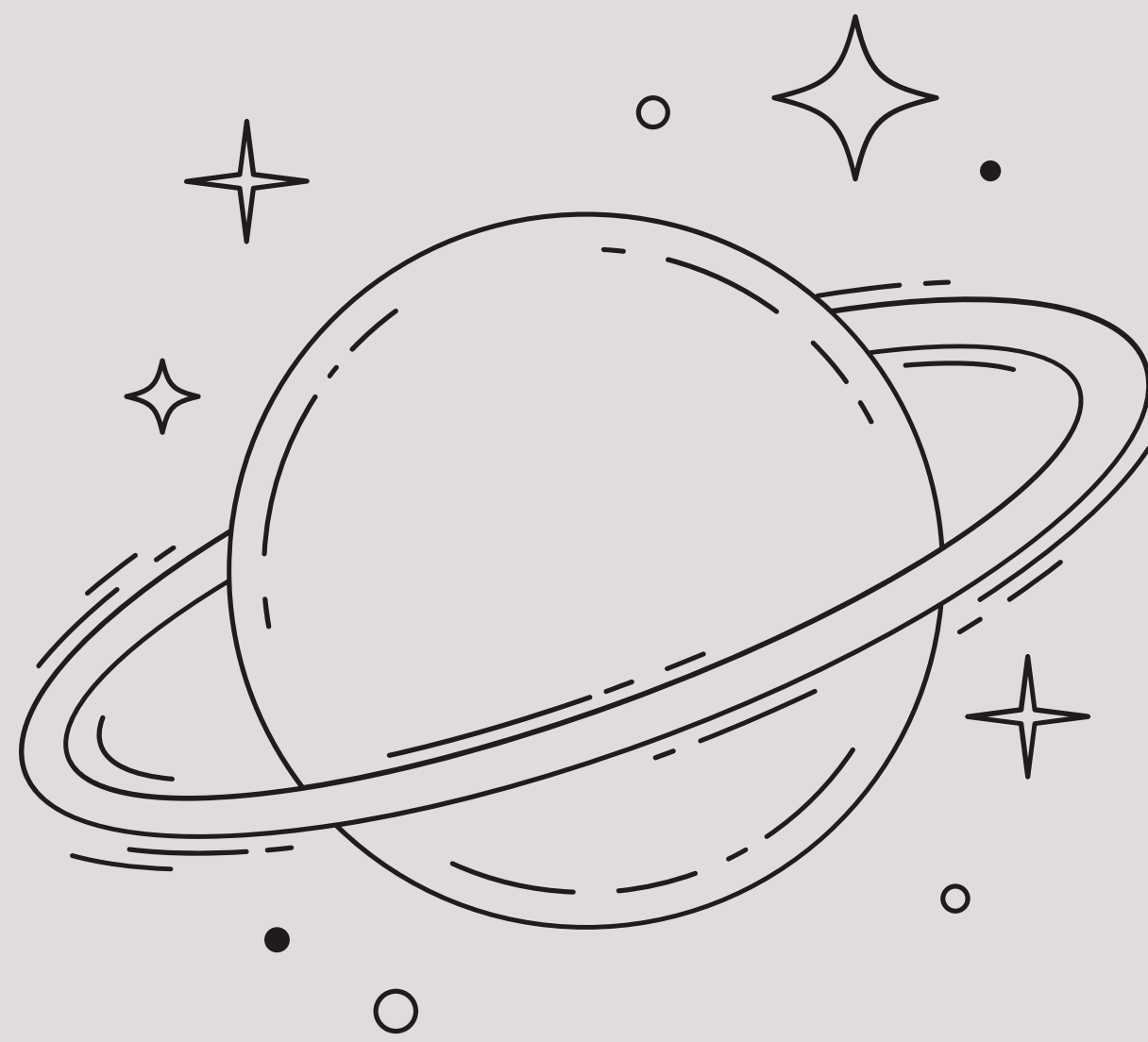
I KNOW I CAN FEEL
IT BUT WHAT OTHERS
FEEL IS NONE OF MY
BUSINESS



I HONOR AND WILL
NOT SECOND-GUESS MY
INNER VOICE



I ALLOW MYSELF TO
RELEASE NEGATIVE
THOUGHTS AND
EMOTIONS WHICH NO
LONGER SERVE ME



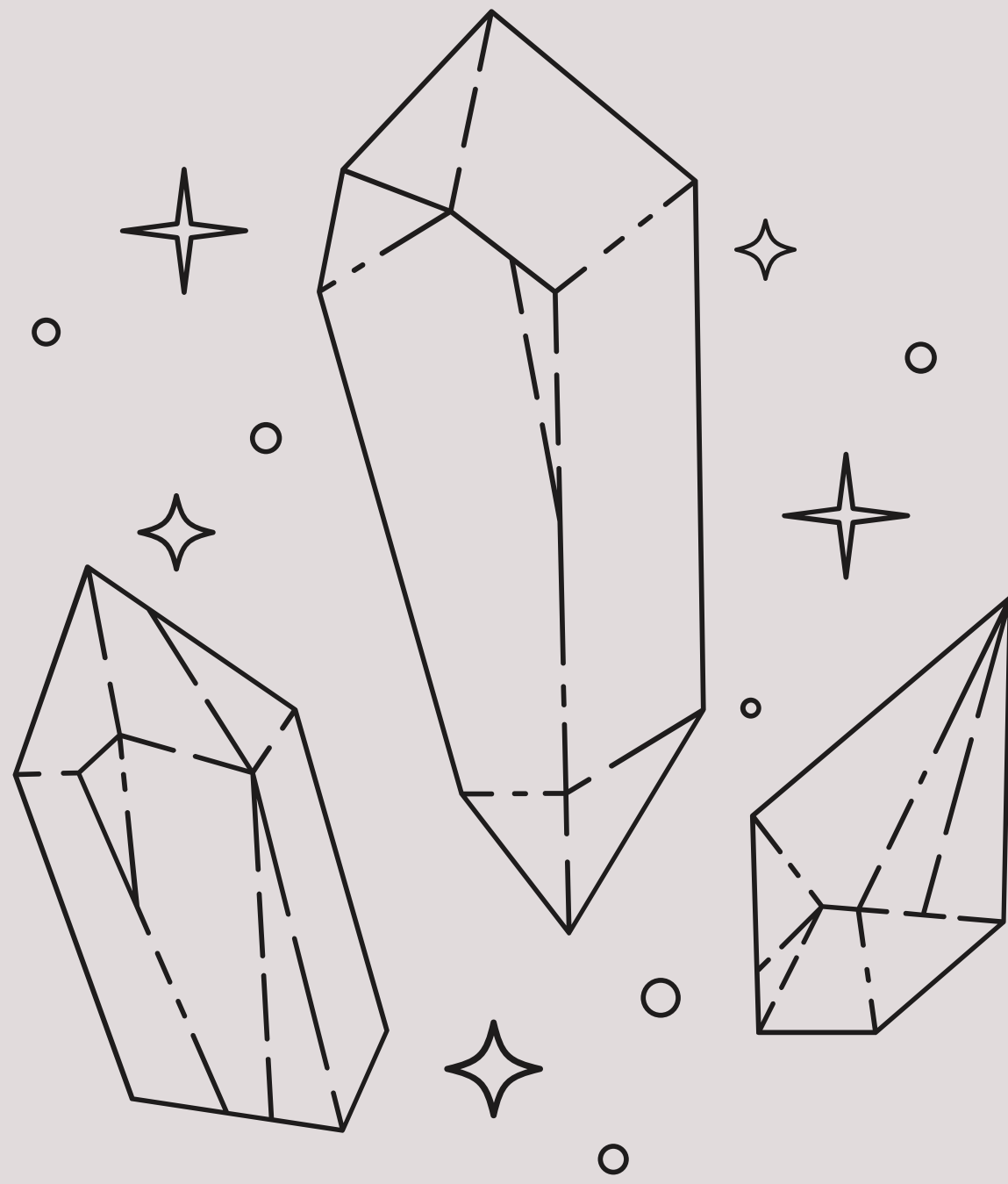
I CAN HELP PEOPLE
OVERCOME DIFFICULTY
WITHOUT ABSORBING
THEIR PAIN OR TAKING
AWAY RESPONSIBILITY
FROM THEM



MY EMOTIONAL AND
ENERGETIC BOUNDARIES
ARE POWERFUL AND PURE



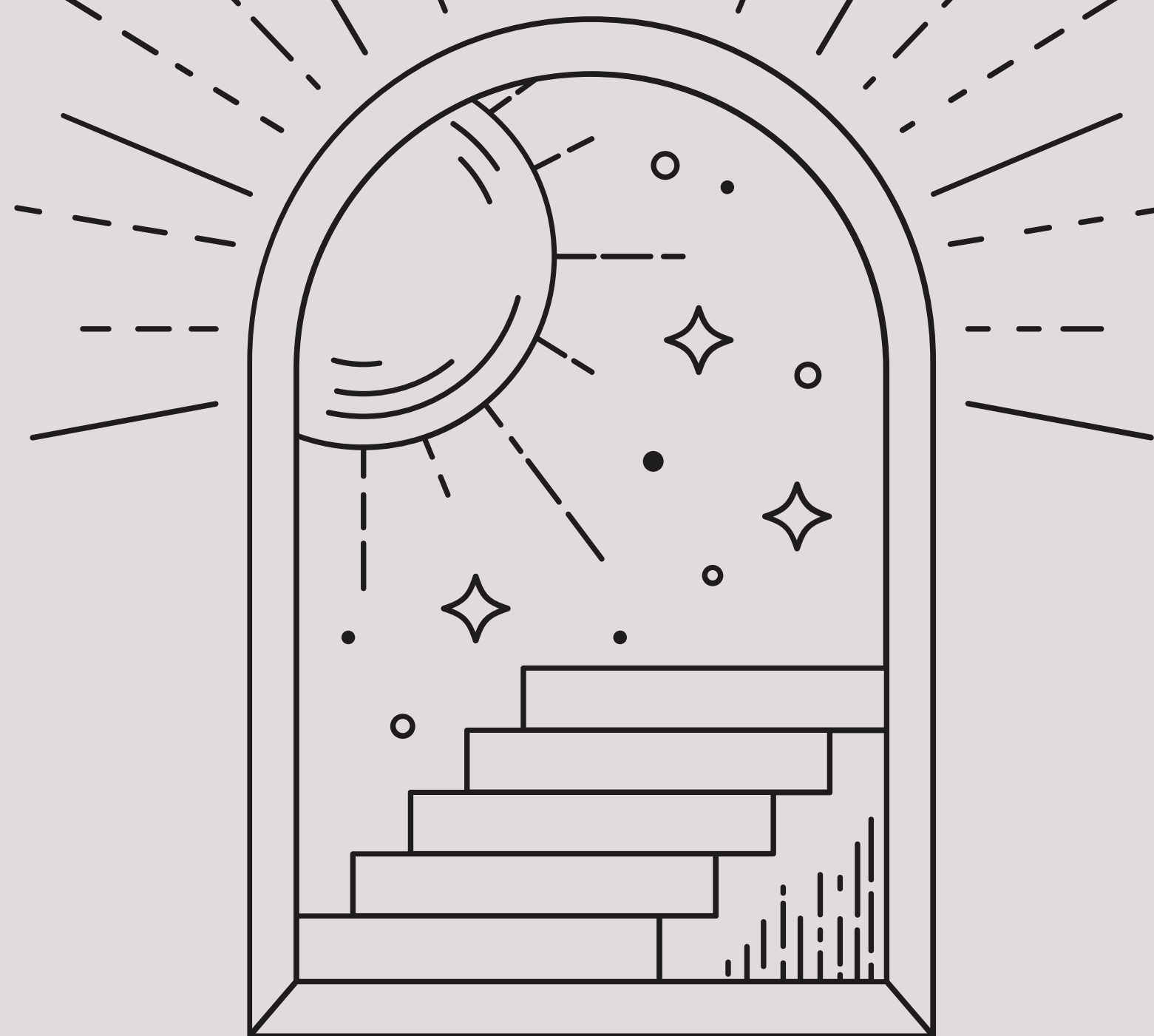
I CLEARLY
COMMUNICATE
MY NEEDS



THERE IS NO NEED TO
OVER EXPLAIN MY
BOUNDARIES OR WHY I
CHOOSE TO SAY NO



BOUNDARIES PROTECT ME
FROM BURNING OUT.
THAT'S WHY I TAKE TIME
TO SET AND PROTECT
THEM



I AM A VALUABLE
HUMAN BEING AND
MY NEEDS, DESIRES,
DREAMS AND GOALS
MATTER.



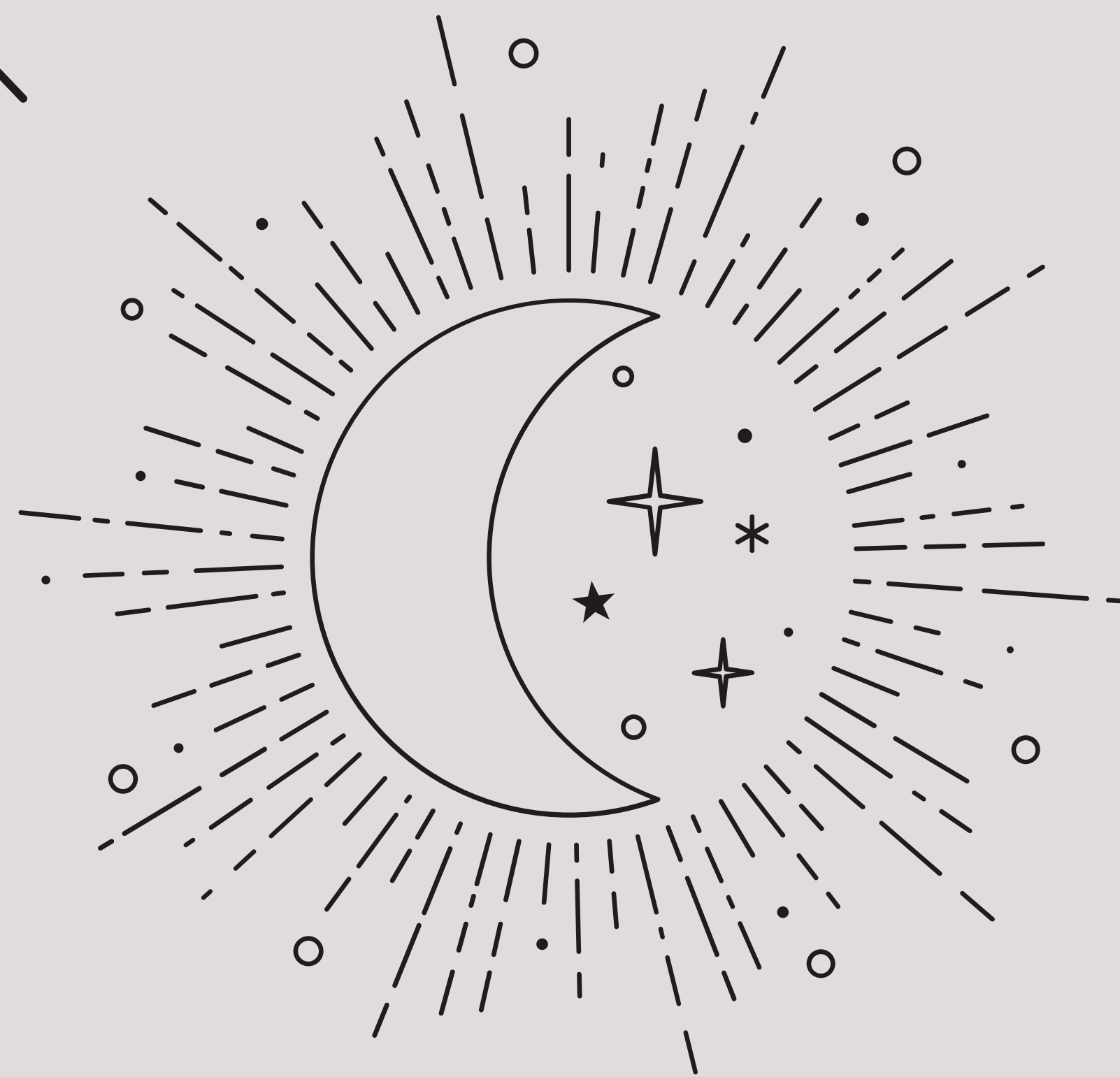
I BELIEVE IN MYSELF
AND MY POTENTIAL



THERE ARE PLENTY OF
REASONS TO BE PROUD
OF MYSELF



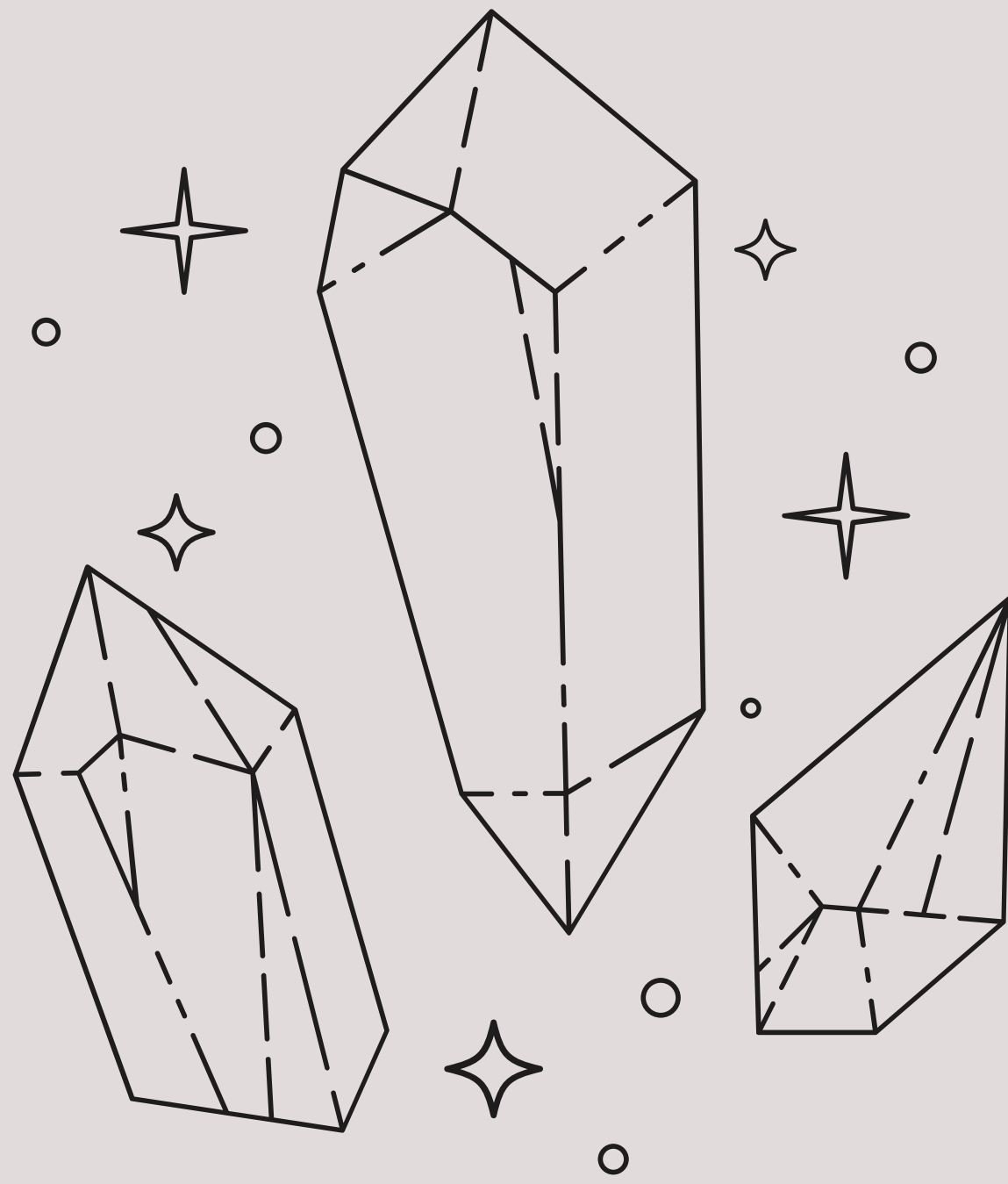
TODAY, I CHOOSE TO BE
HAPPY AND EMBRACE
LOVING MYSELF
ABUNDANTLY



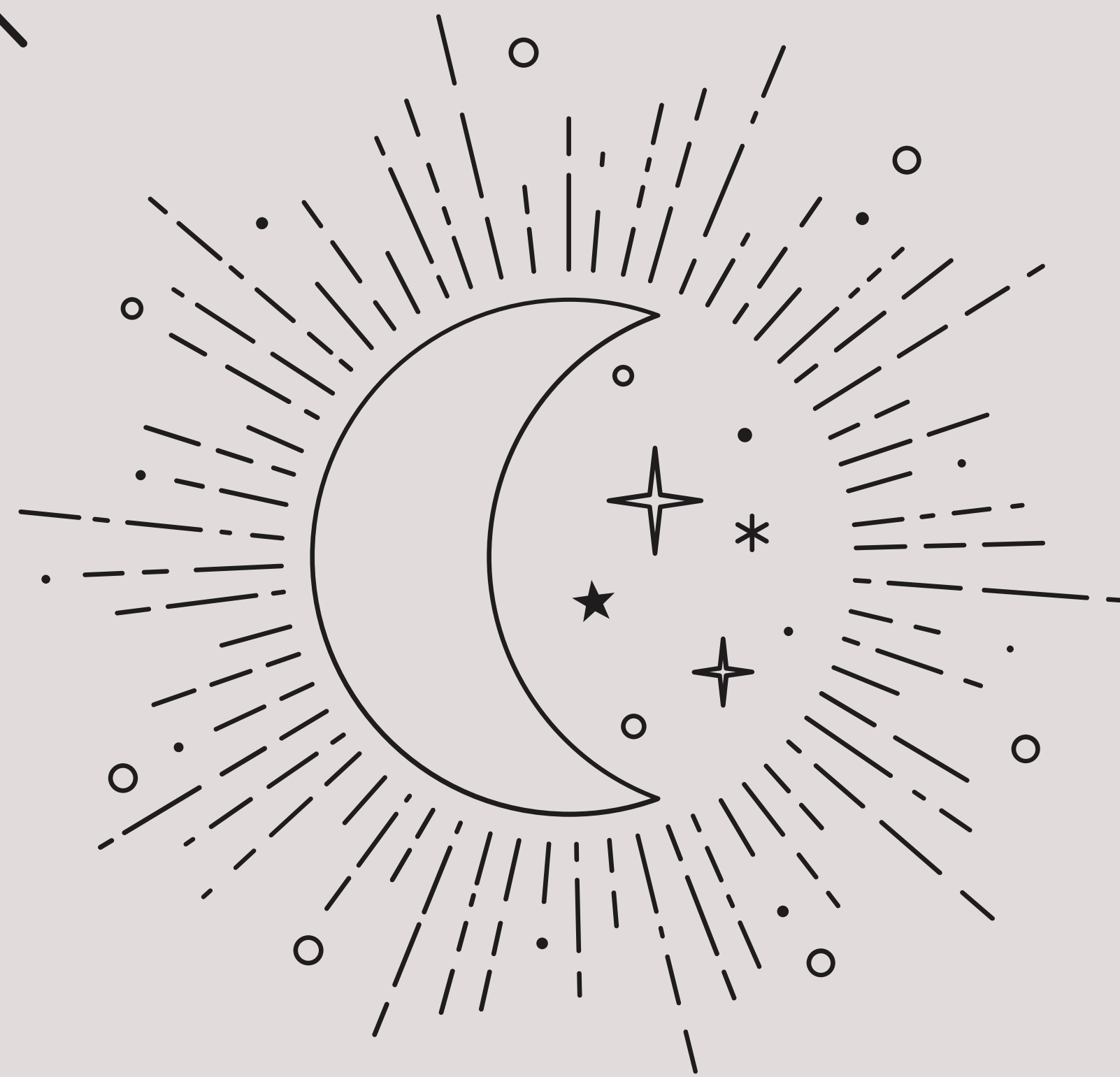
I KNOW THAT I AM A
GOOD PERSON, AND I
DON'T NEED TO PROVE IT
TO ANYONE



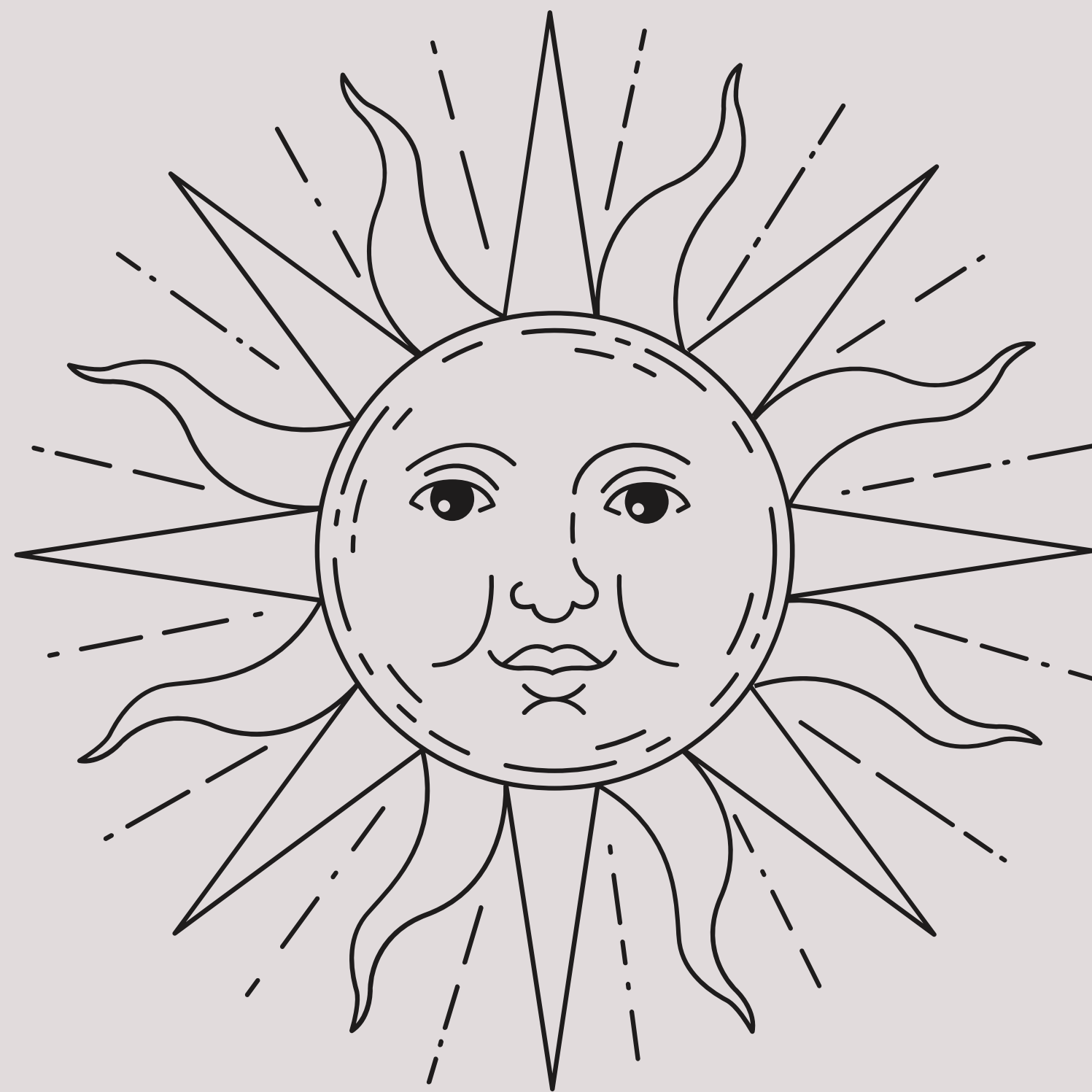
I KNOW WHO I AM. I
LOVE WHO I AM. I LOVE
THE WAY I DO THINGS
AND I LOVE THE WAY I
GROW AS A PERSON
EVERY SINGLE DAY



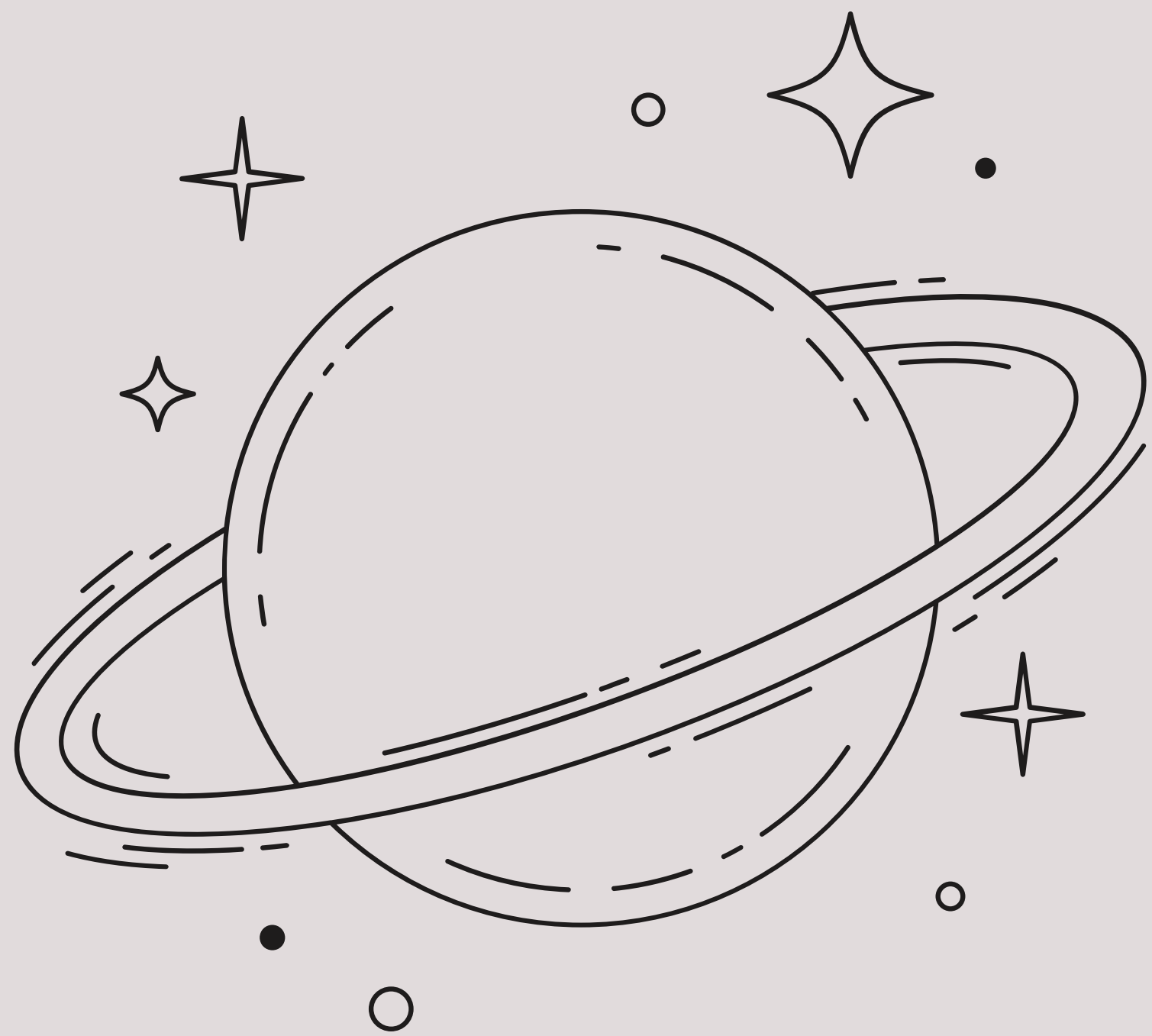
I HAVE GREAT INTUITION
AND I TRUST IT



TAKING GOOD CARE OF
MYSELF IS A PRIORITY. I
CAREFULLY LISTEN TO MYSELF
AND GIVE MYSELF EXACTLY
WHAT I NEED AT ANY GIVEN
MOMENT



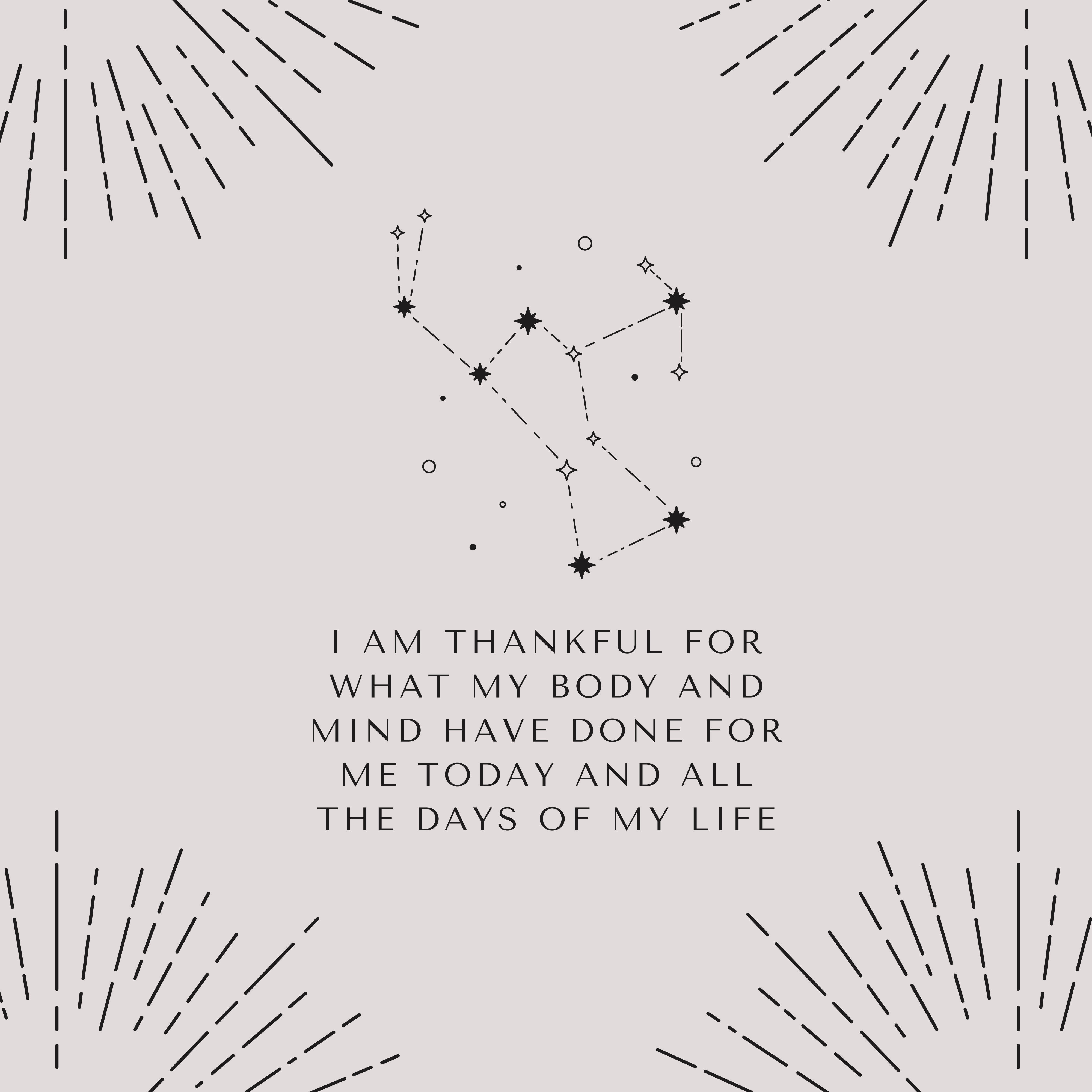
I KNOW WHEN I NEED DISCIPLINE
AND WHEN I NEED LOVE AND
UNDERSTANDING. I ALWAYS CHOOSE
WHAT'S BEST FOR MYSELF AND I
GIVE MYSELF EXACTLY WHAT I NEED
AT ANY GIVEN MOMENT



I AM AT PEACE WITH
MYSELF AND MY PAST
MISTAKES. I HAVE
FORGIVEN MYSELF AND I
AM READY TO MOVE ON



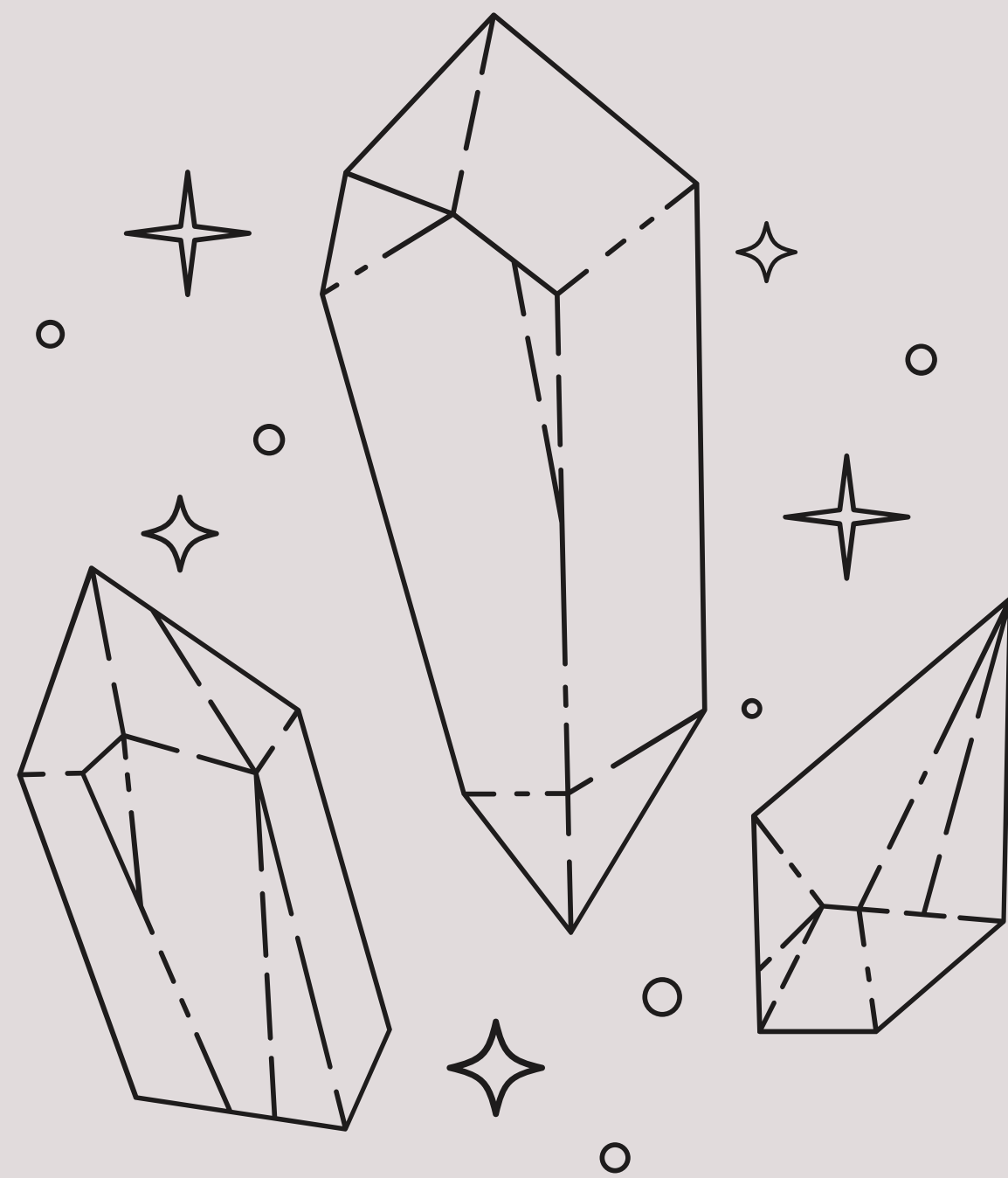
I AM ENOUGH.
ALWAYS.



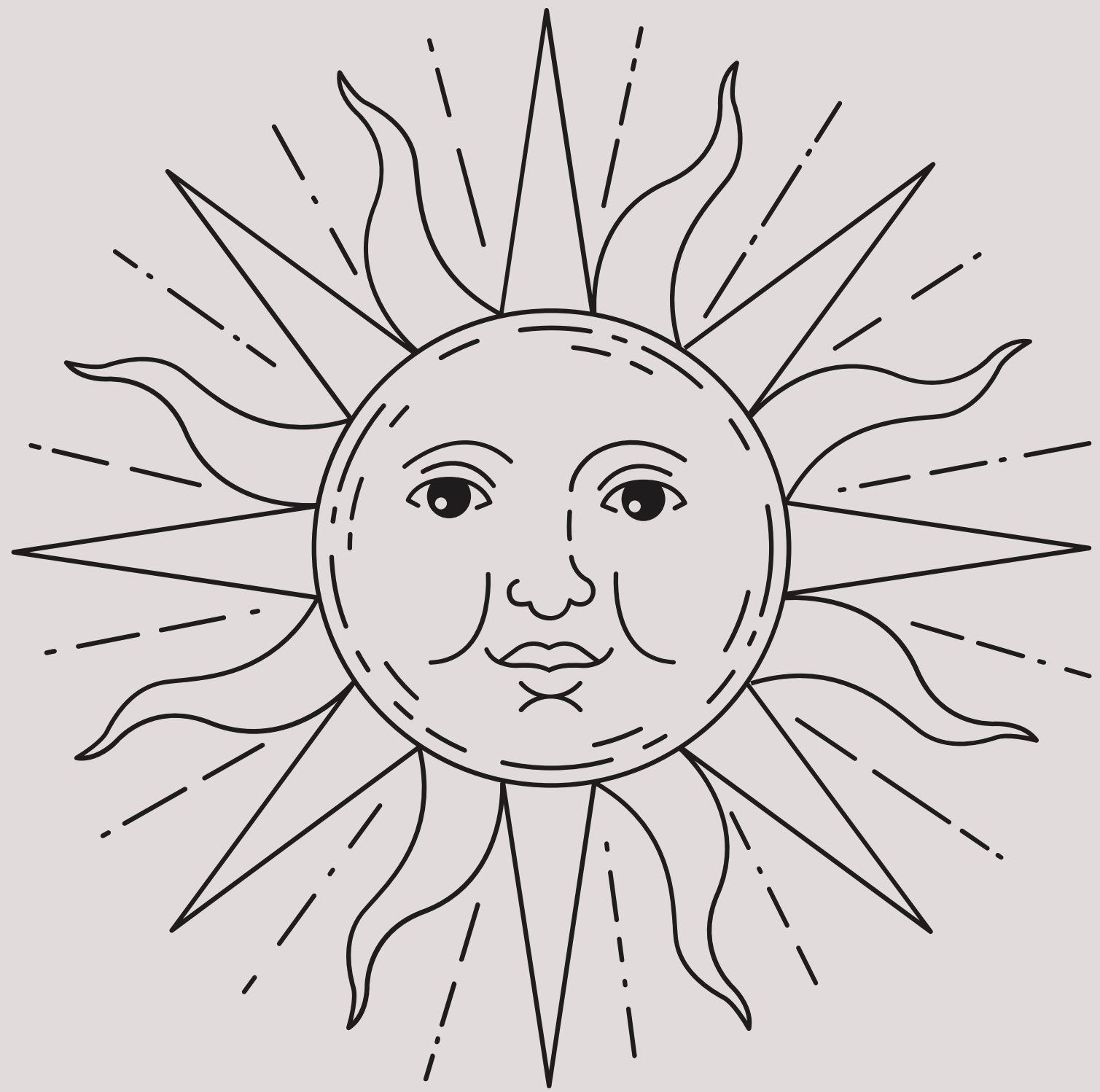
I AM THANKFUL FOR
WHAT MY BODY AND
MIND HAVE DONE FOR
ME TODAY AND ALL
THE DAYS OF MY LIFE



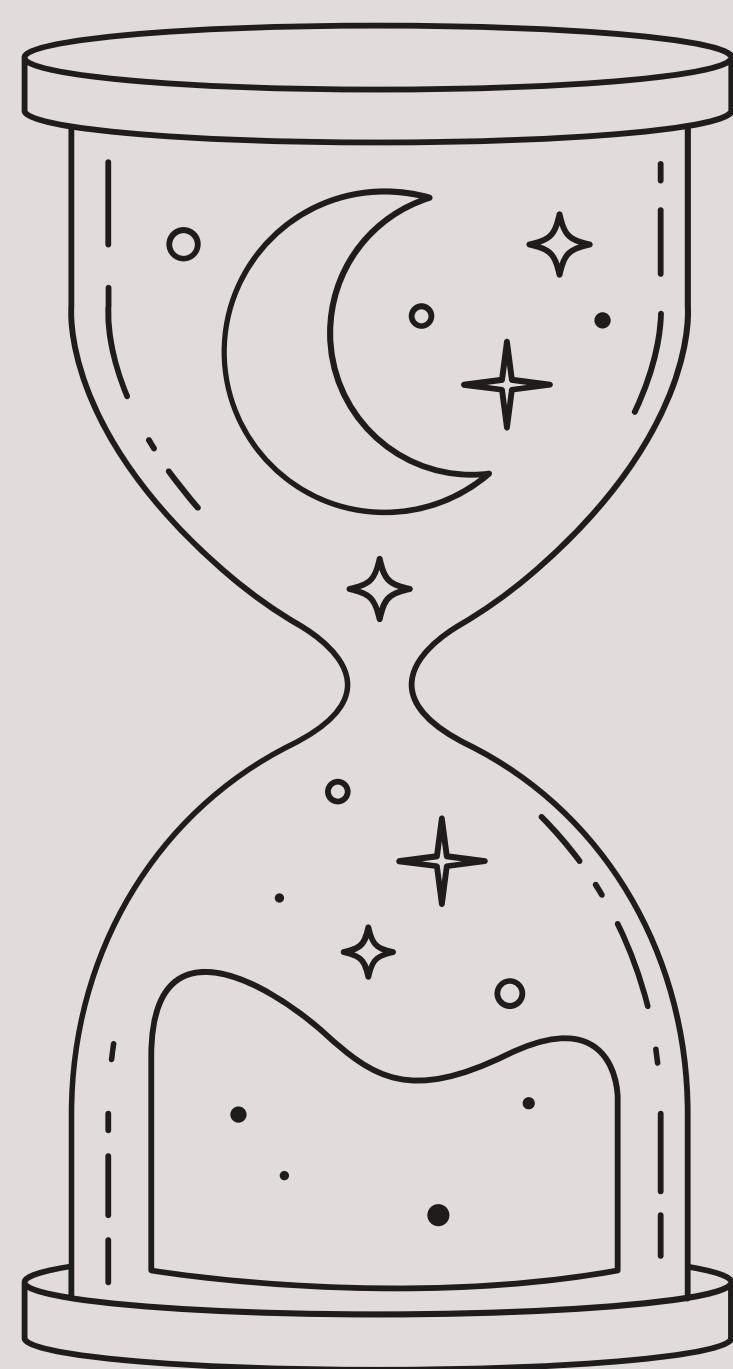
I DESERVE GOOD
THINGS



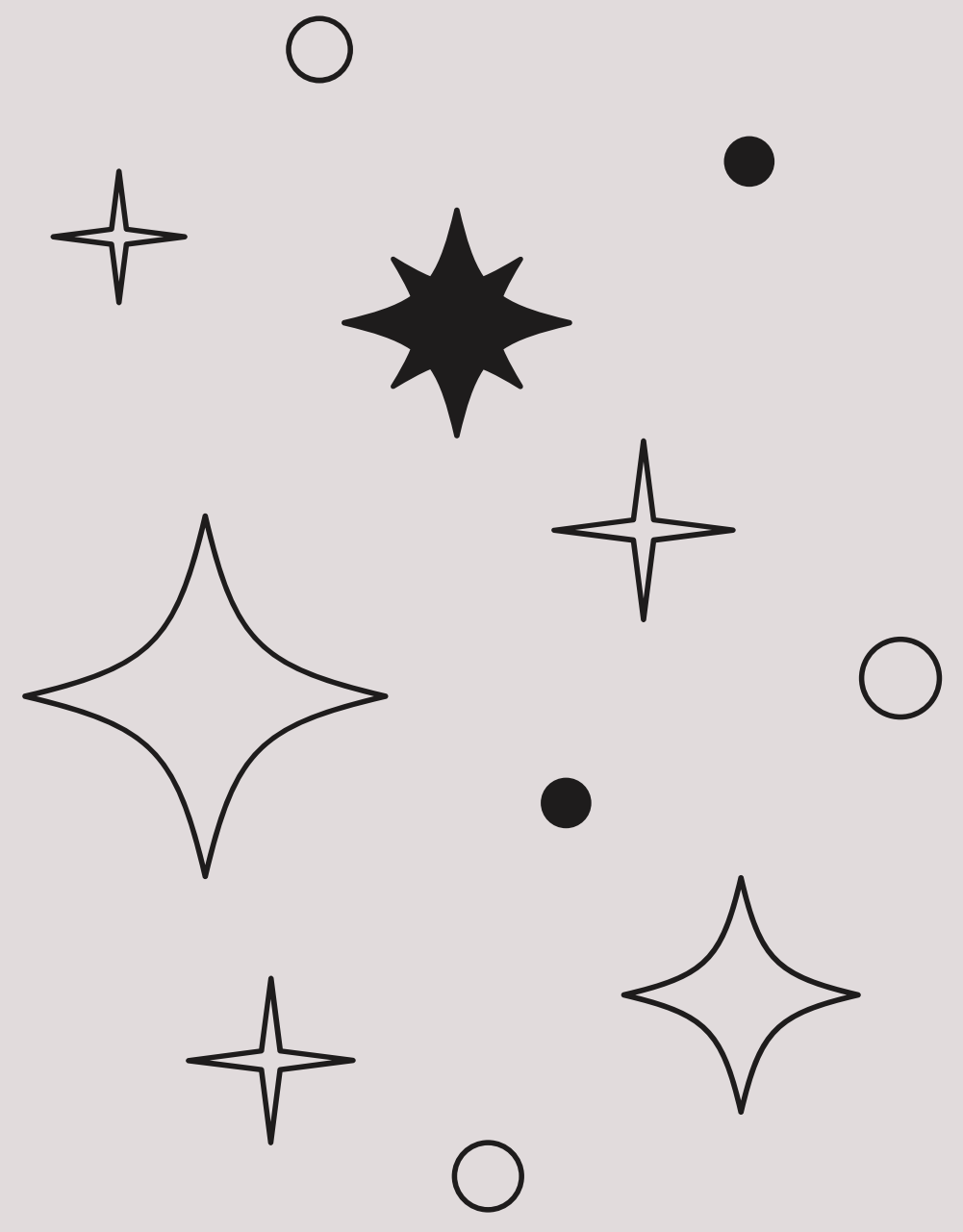
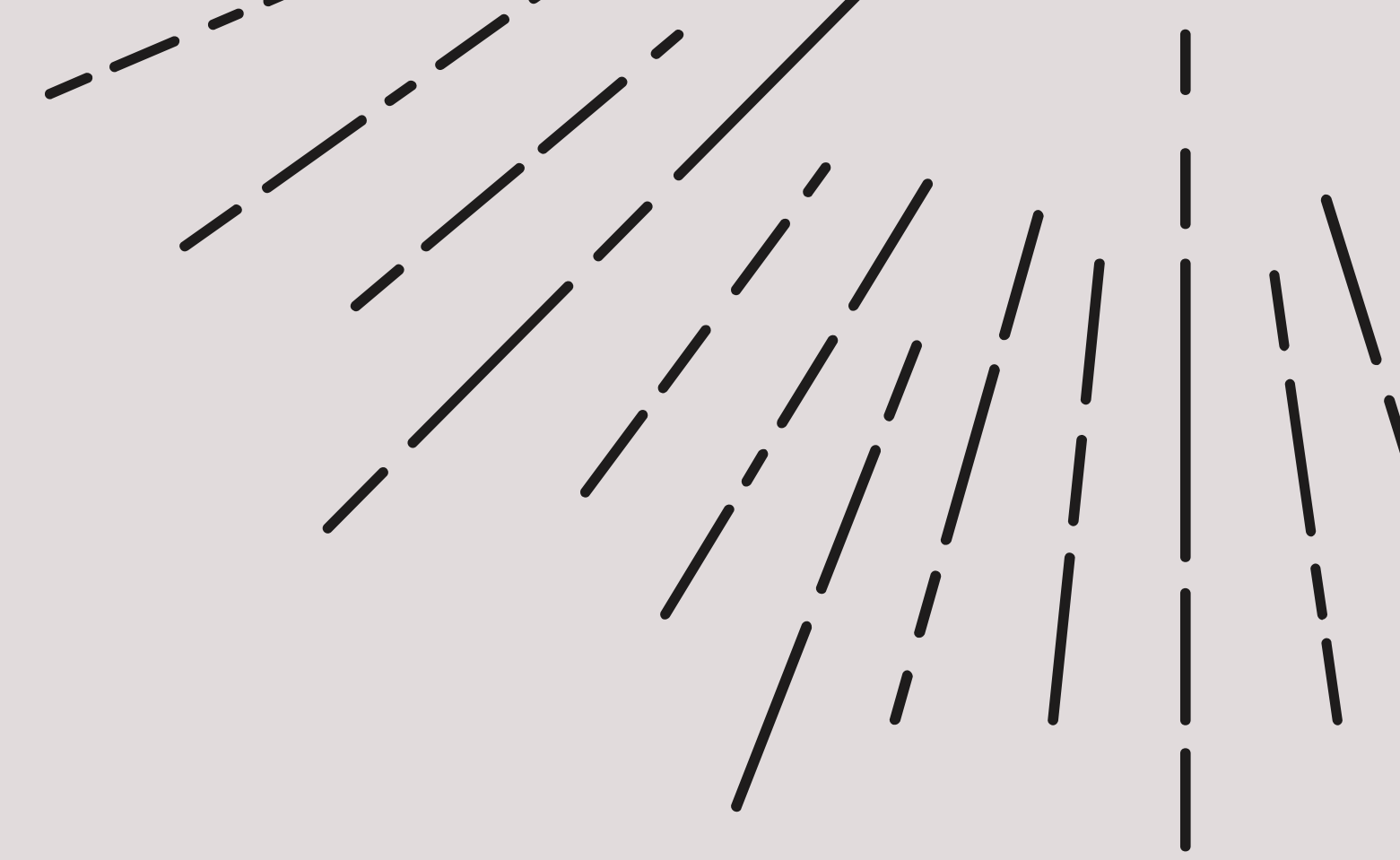
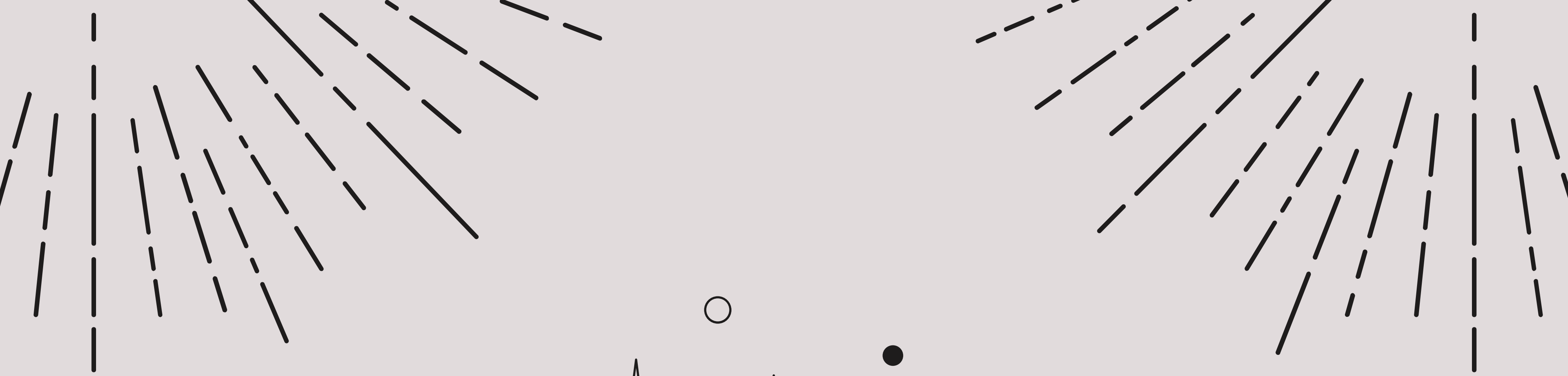
I DESERVE TO REST.
WHAT I CAN'T FINISH
TODAY, I CAN FINISH
TOMORROW



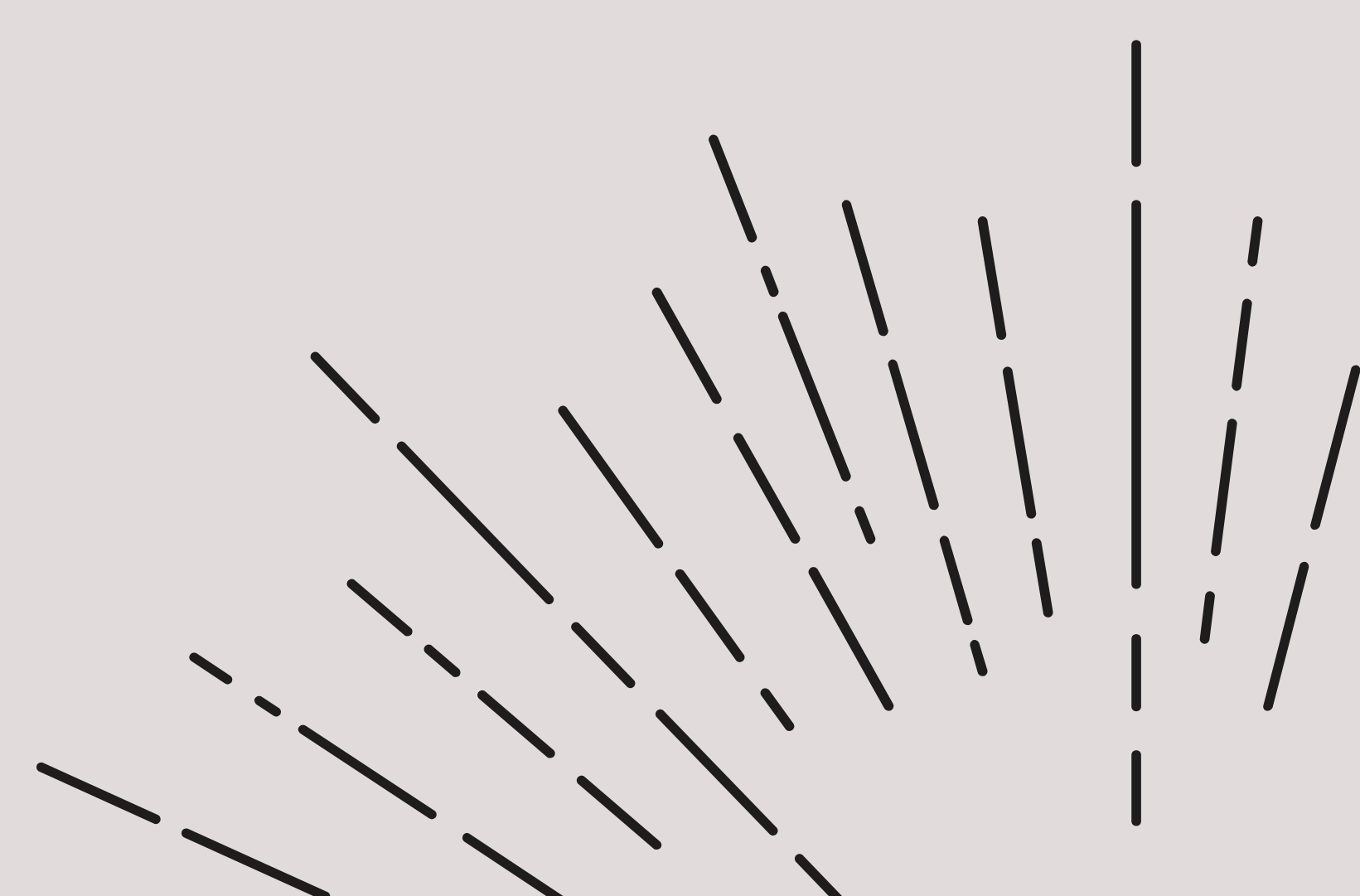
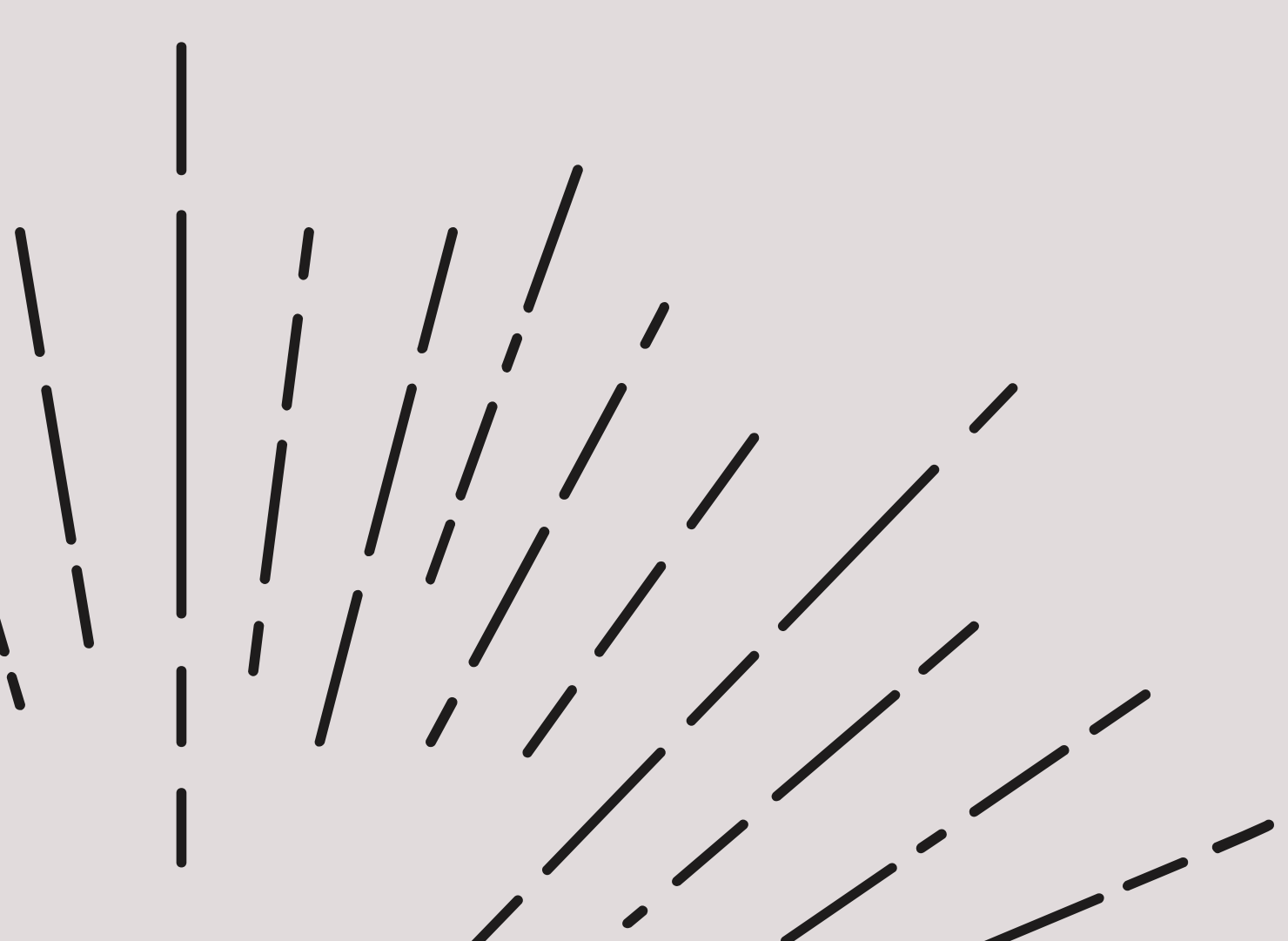
THE ONLY EXPECTATIONS
I NEED TO LIVE UP TO
ARE MY OWN



I KNOW THE VALUES
THAT ARE TRULY MINE
AND I LIVE BY THEM



I KNOW MY BOUNDARIES
AND I AM PROTECTING
THEM





I AM MY BEST FRIEND. I
KNOW I CAN ALWAYS
COUNT ON MYSELF



I AM STRONG AND
FIERCE. I STAND UP FOR
MYSELF AND OTHERS




I AM ONE OF A KIND AND
NO ONE CAN REPLACE
ME. THAT'S WHY I DON'T
COMPARE MYSELF WITH
OTHERS



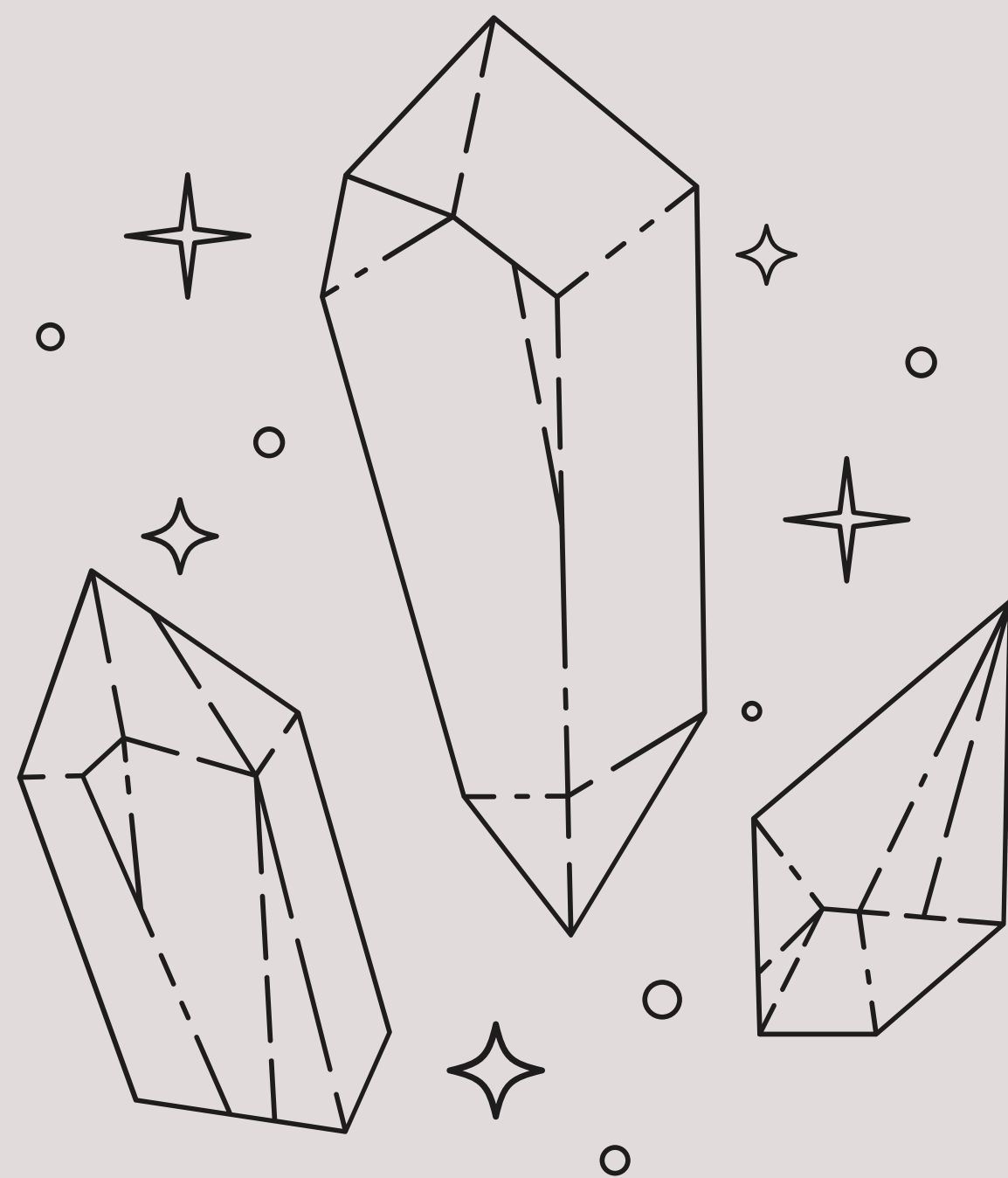
IT'S OK AND HEALTHY TO
PRIORITIZE MYSELF OVER
ANYONE ELSE



I AM WORTHY OF ALL THE
GOOD THINGS AND
MOMENTS LIFE HAS TO
OFFER AND BECAUSE I
KNOW THAT, I CALL MORE
GOOD INTO MY LIFE



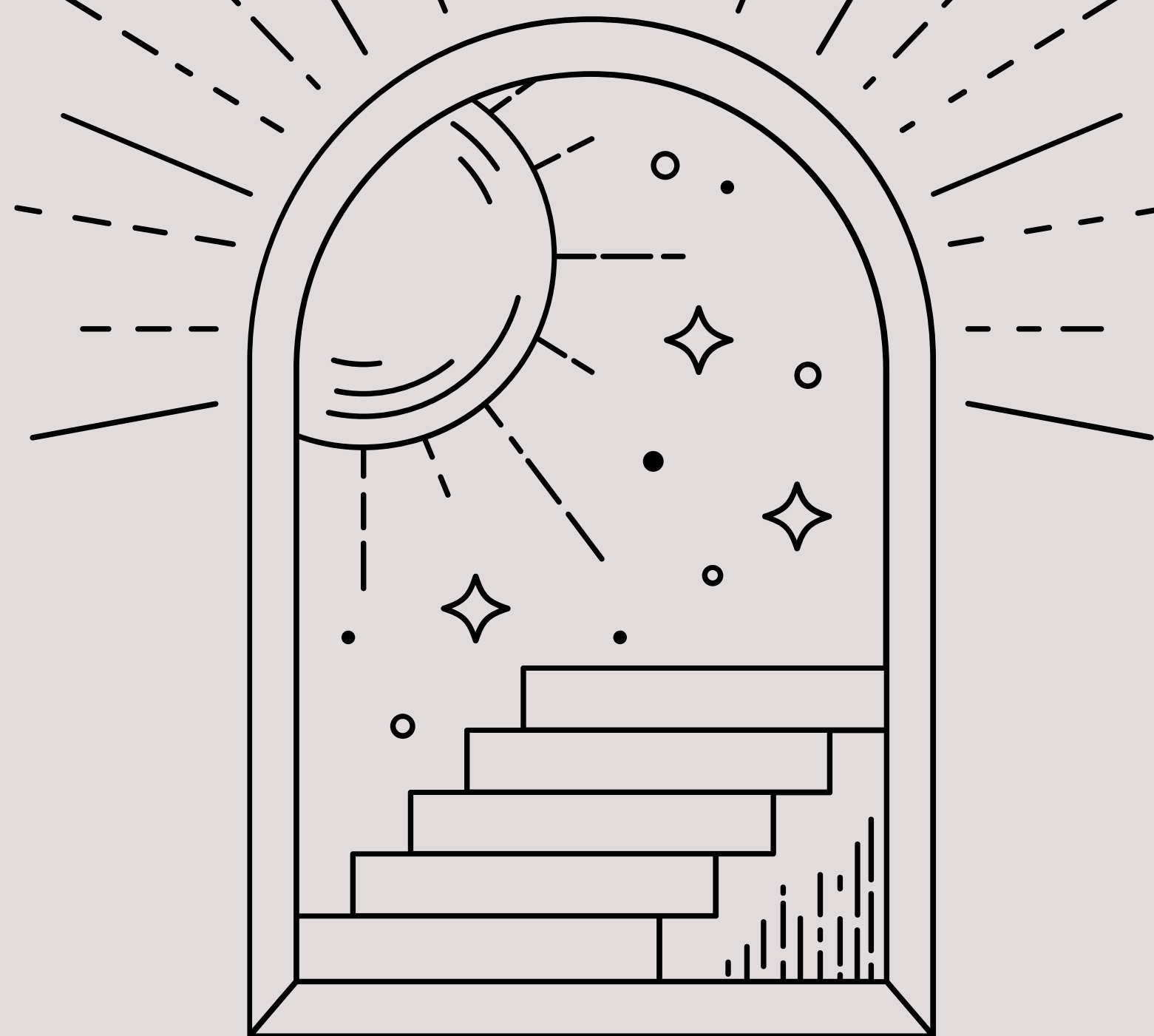
I LIVE MY LIFE RIGHT NOW. I
AM WORTHY RIGHT NOW. I
DON'T HAVE TO IMPROVE
ANYTHING ABOUT MYSELF
BEFORE I CAN START
ENJOYING LIFE AND LOVING
MYSELF UNCONDITIONALLY



I AM POWERFUL,
SMART AND
RESOURCEFUL. I CAN
HANDLE ANYTHING
LIFE THROWS AT ME



EVERYTHING ABOUT ME
IS HUMAN. THERE IS
NOTHING I NEED TO BE
ASHAMED OF. NOBODY
IS PERFECT AND THAT'S
OK



I AM CONFIDENT
TO SPEAK UP AND
SHARE MY IDEAS
AND TALENT



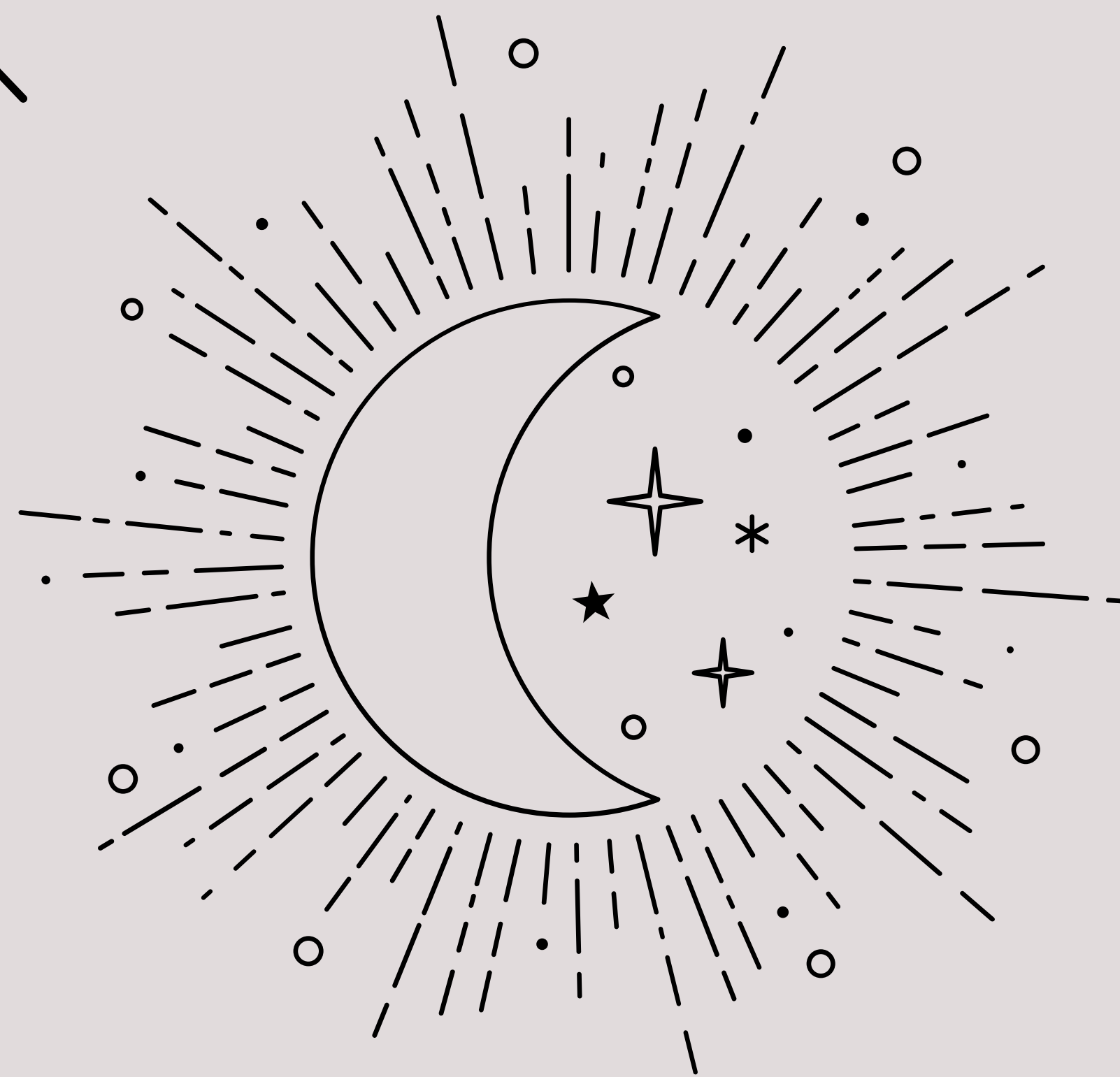
MY PERFECT JOB IS
ON ITS WAY TO ME
RIGHT NOW



I DO MY BEST IN MY
WORK AND I WILL BE
REWARDED



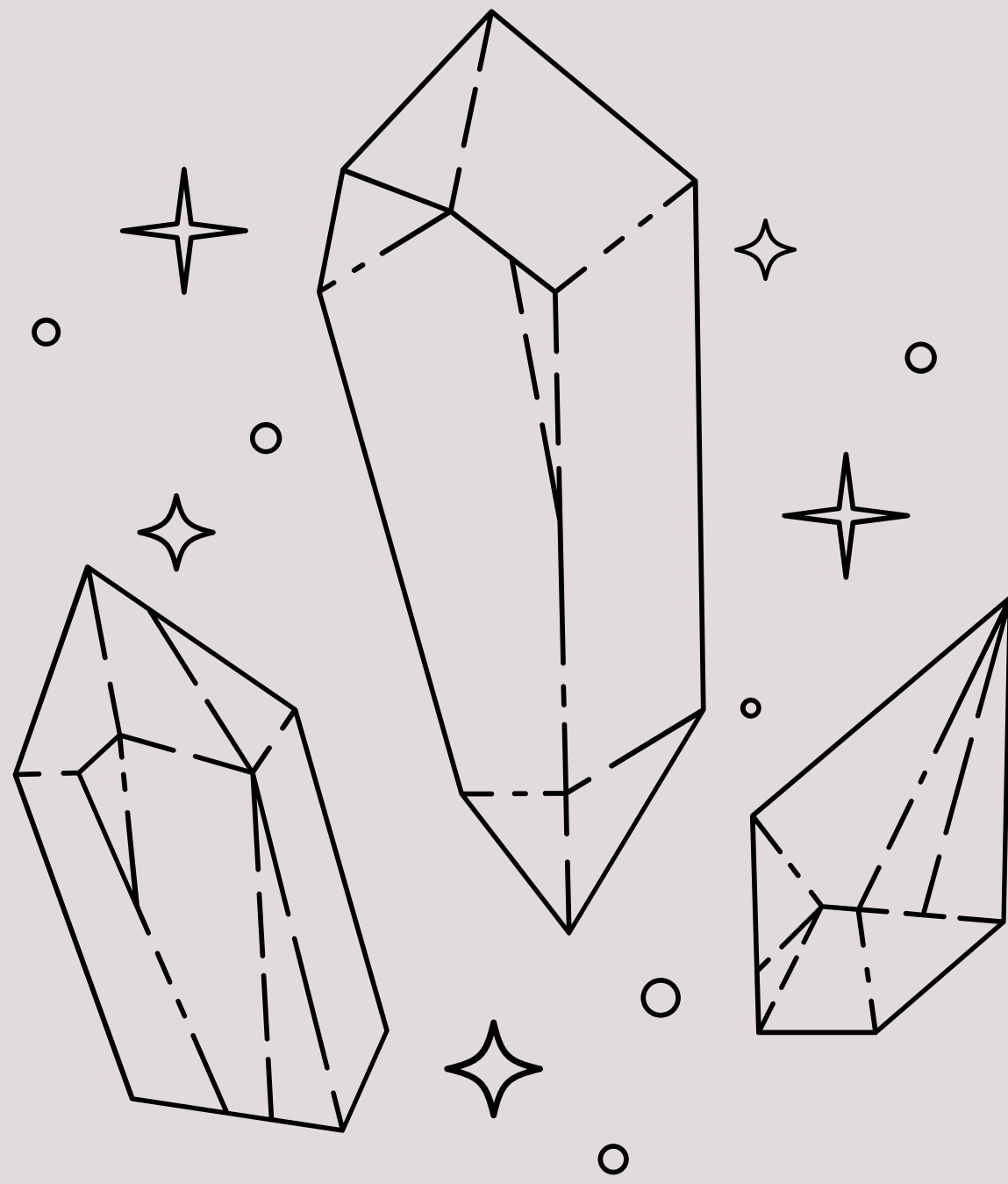
I AM RESOURCEFUL AND
NEVER AFRAID TO ASK
FOR HELP



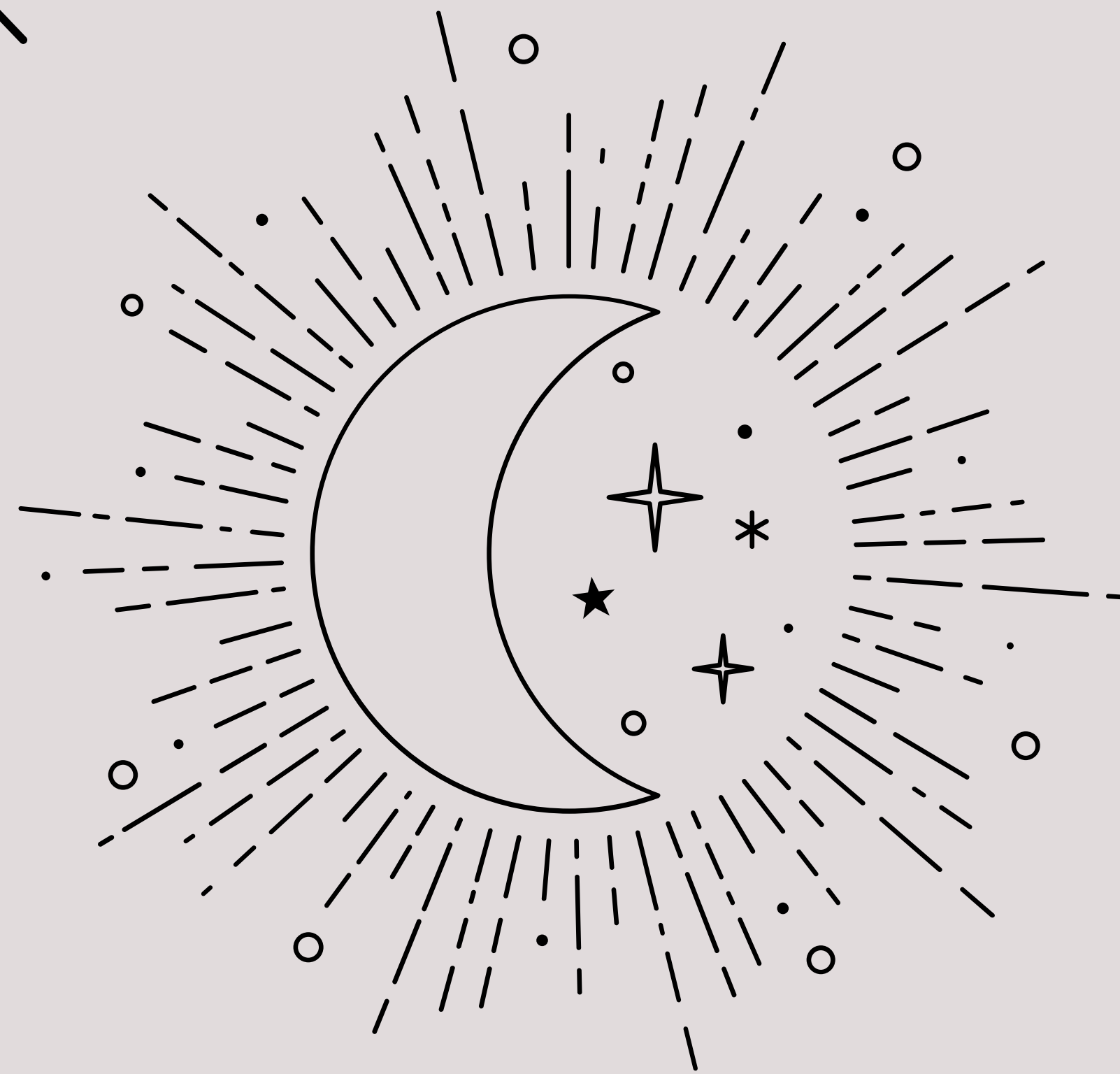
MY POSITIVE ENERGY
ATTRACTS THE RIGHT
CAREER OPPORTUNITIES
TO ME WITH EASE



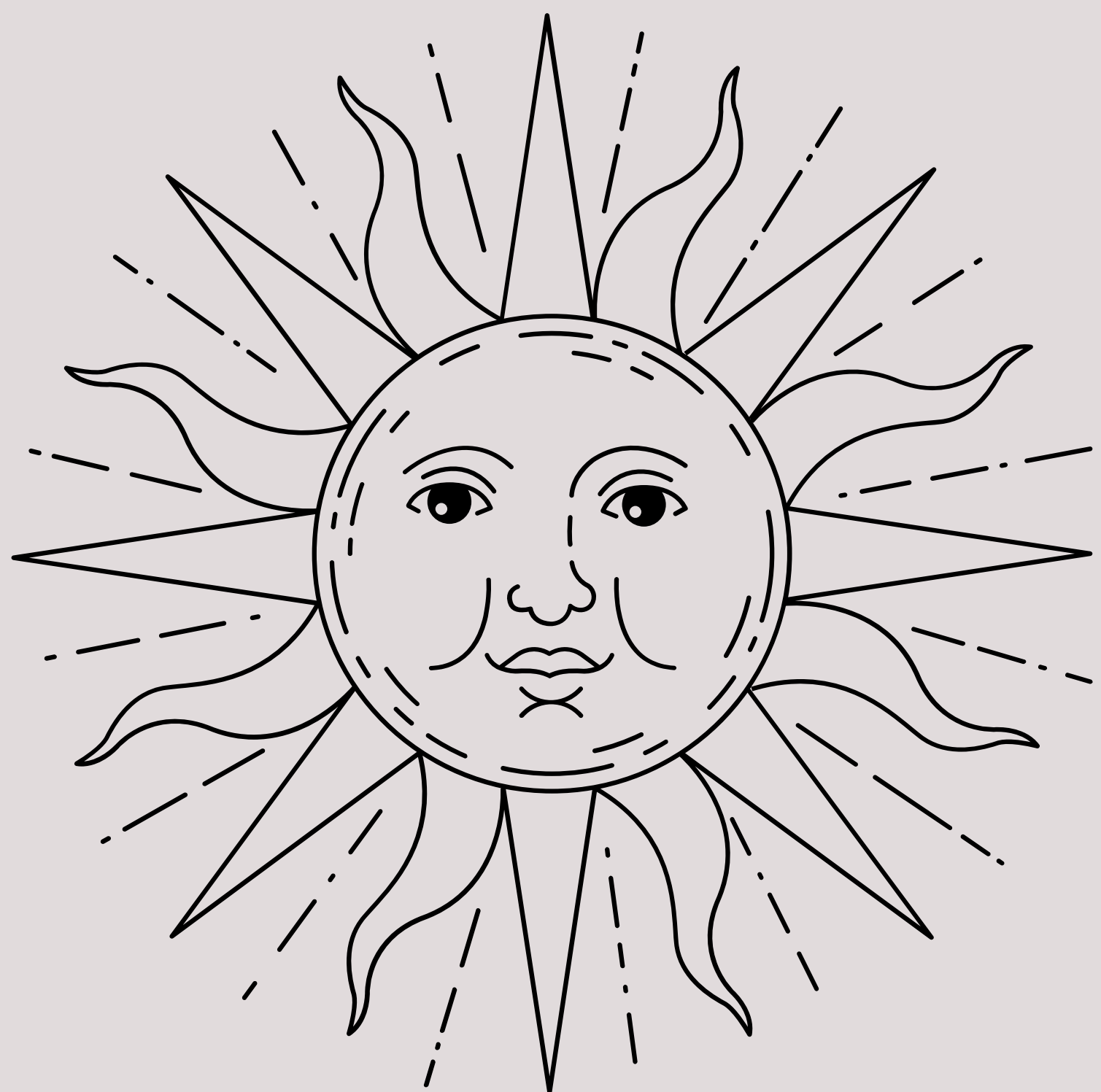
THE MORE I LEARN AND
DEVELOP, THE HAPPIER I
BECOME IN MY CAREER
AND LIFE



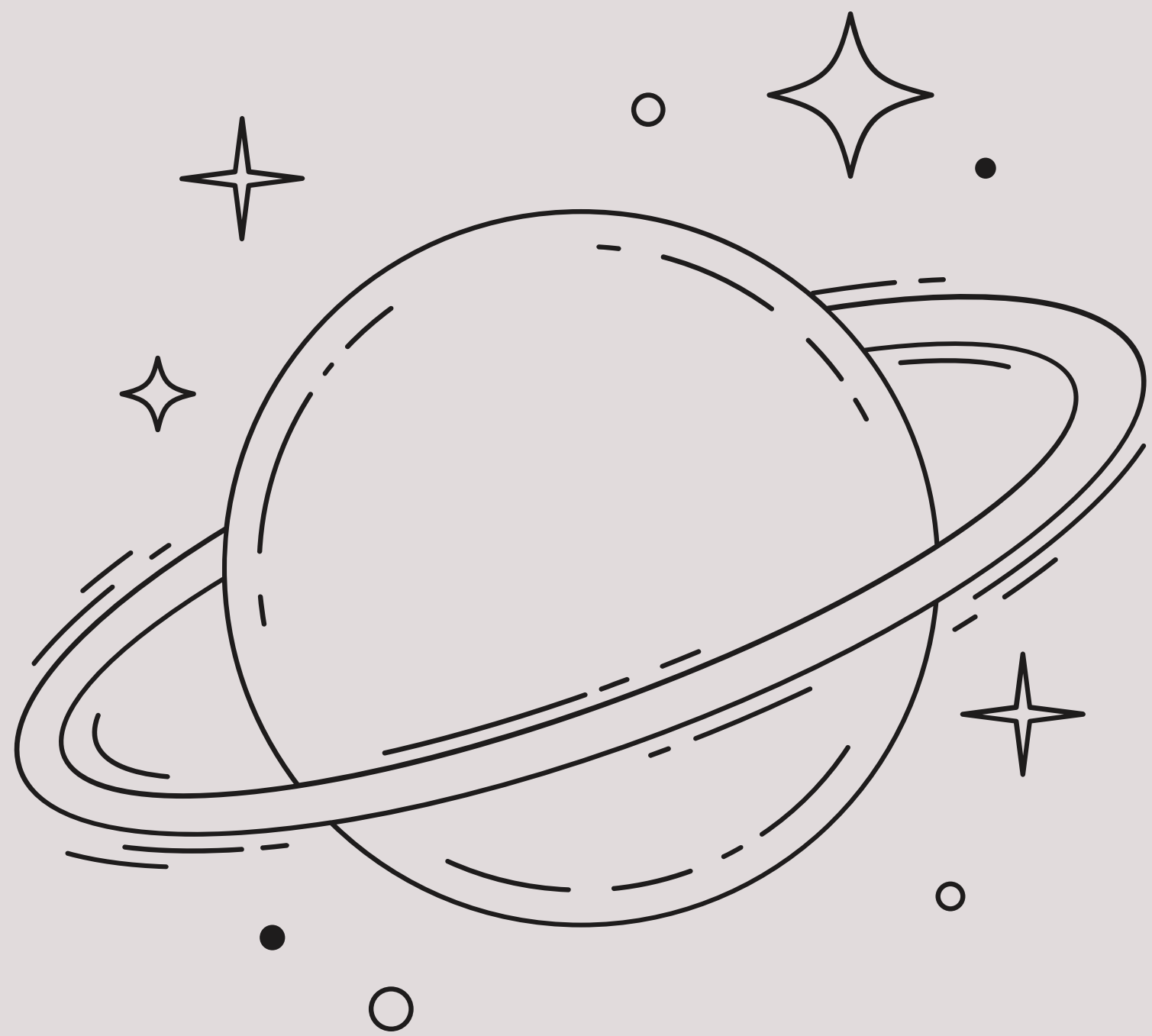
NO MATTER WHAT I DO, I
CHOOSE TO DO IT TO
THE HIGHEST STANDARDS



I DESERVE A CAREER
THAT FULFILS ME AND I
KNOW I CAN MAKE IT
HAPPEN



I TAKE FULL
RESPONSIBILITY FOR MY
CAREER AND ALL AREAS
OF MY LIFE



I HOLD MYSELF LIKE A
ROLE MODEL FOR MY
COLLEAGUES



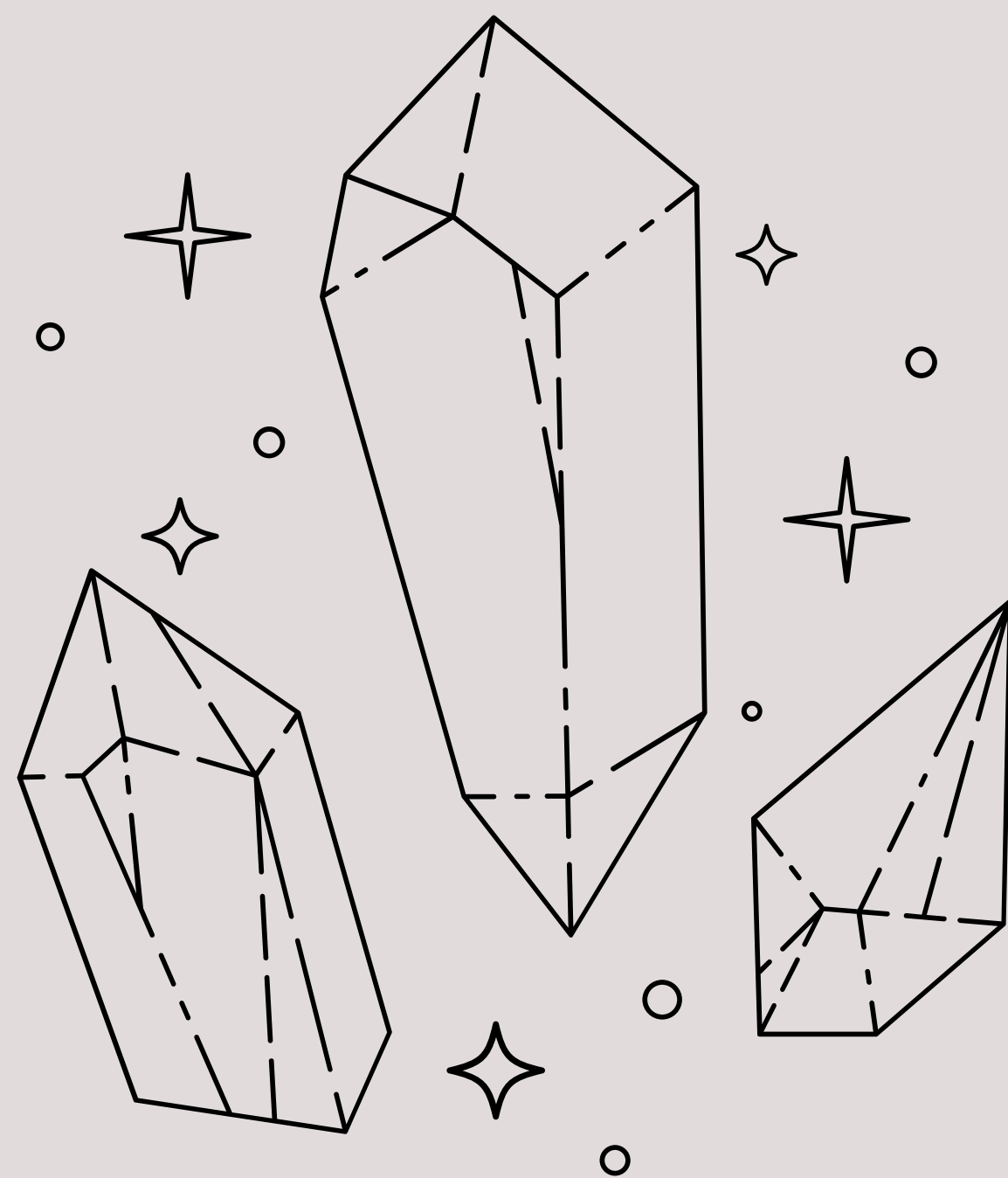
I SHOW UP IN A WAY
THAT MAKES ME PROUD



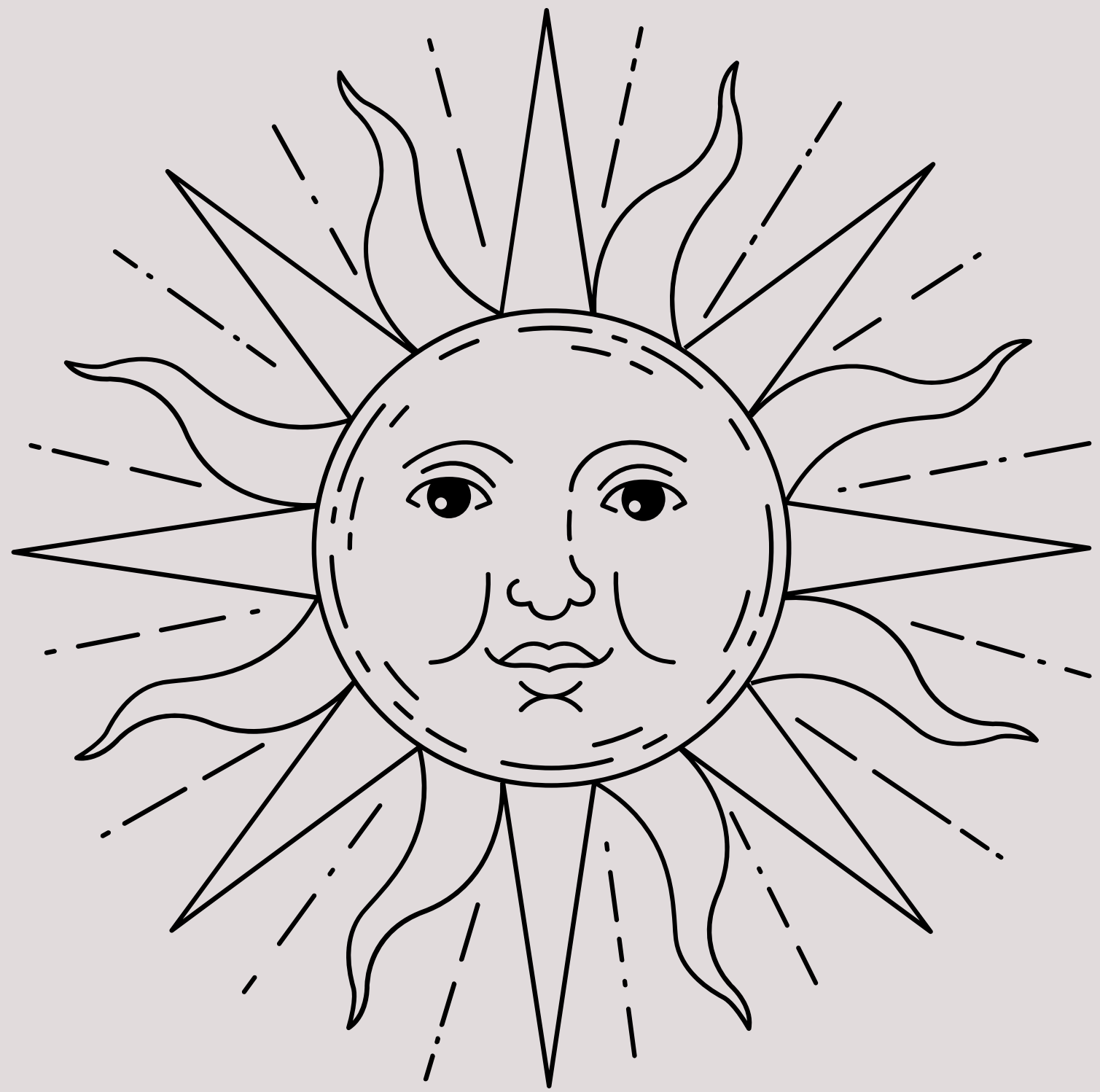
I AM EXCITED TO
CONTINUALLY DEVELOP MY
SKILLS AND EXPAND MY
KNOWLEDGE



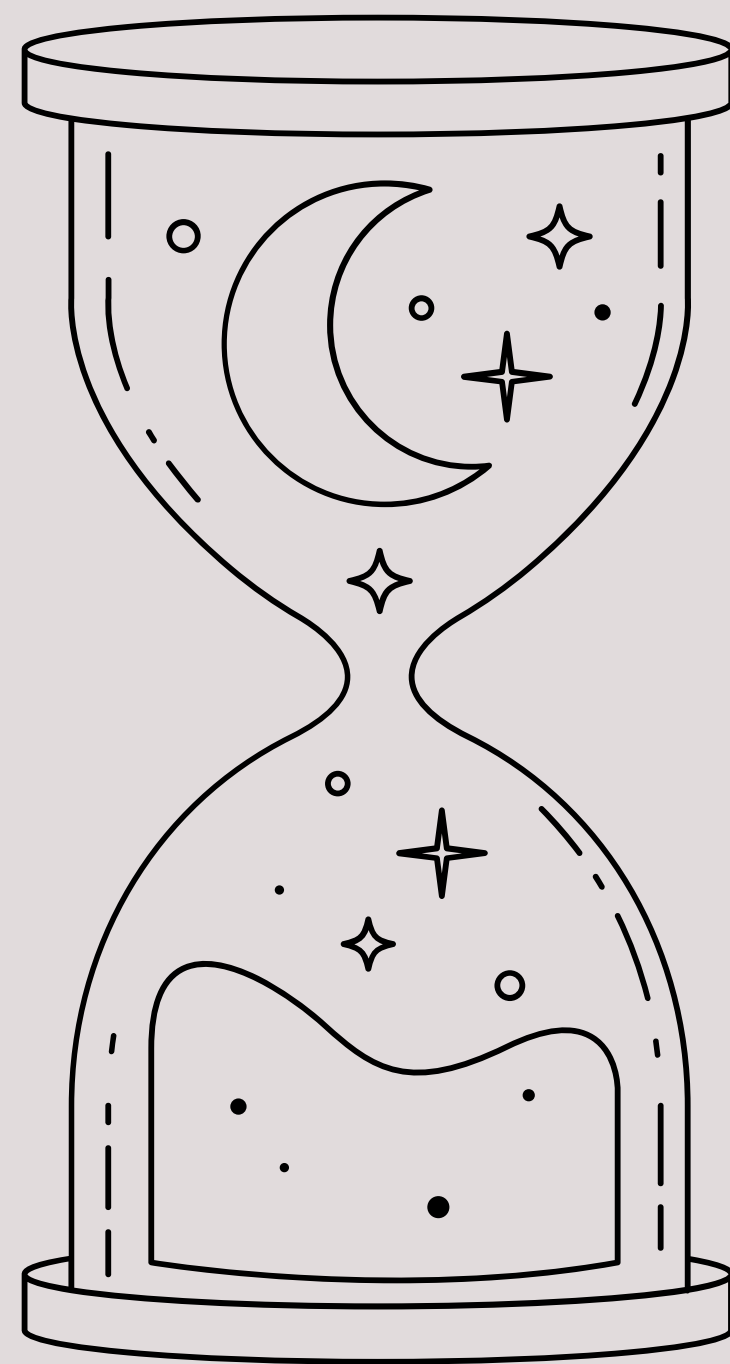
I AM A VALUABLE
MEMBER OF THE TEAM
AND MY WORK IS
PURPOSEFUL



EVEN IF I DON'T ALWAYS
UNDERSTAND HOW MY
WORK CONTRIBUTES,
I TRUST THAT IT'S
NEEDED AND VALUED

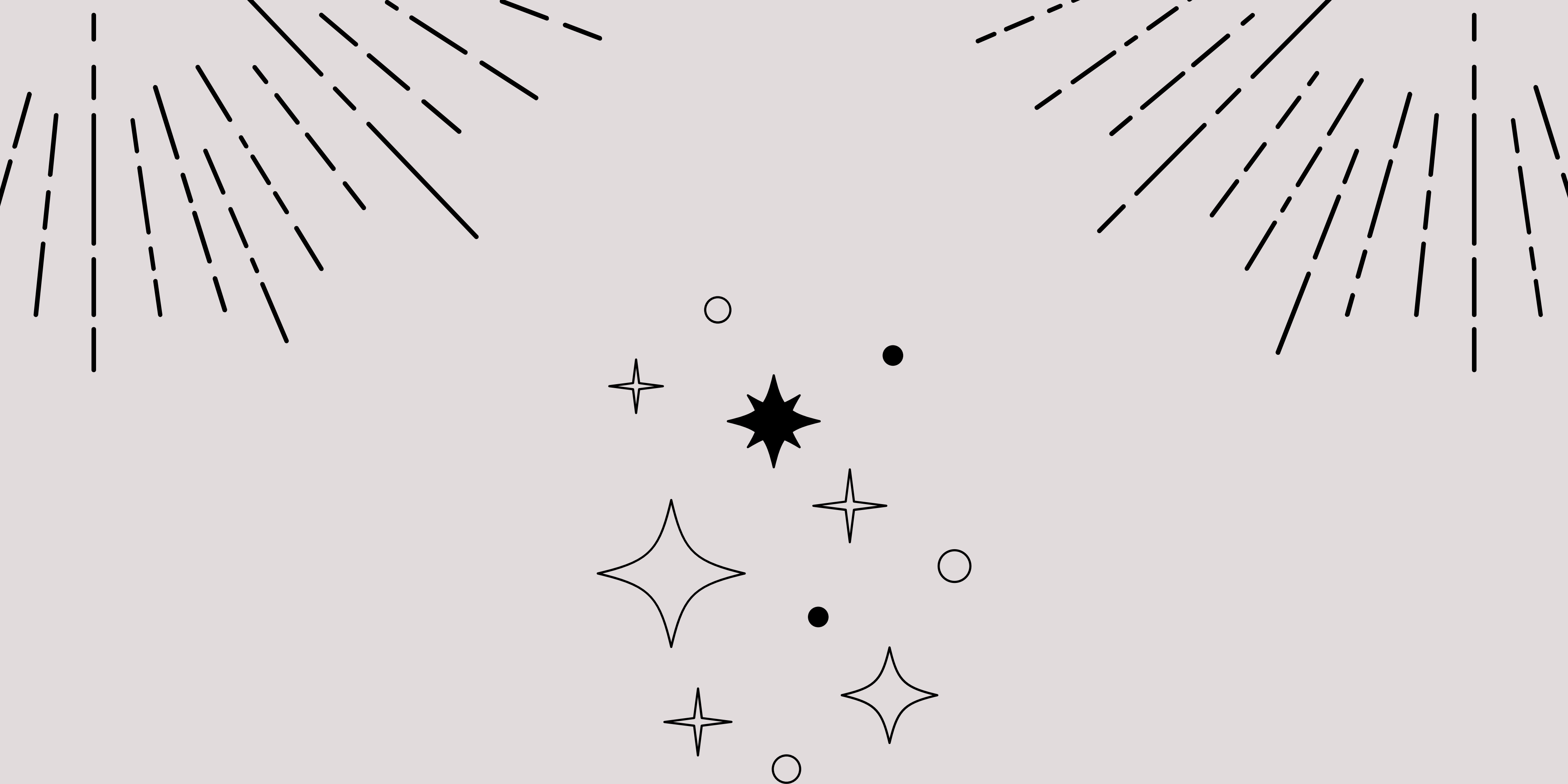


I AM GRATEFUL FOR MY
CURRENT POSITION
WHILE LOOKING FOR
AND PREPARING FOR THE
NEXT LEVEL



DOING THE WORK
DELIBERATELY WORKS
ON ME.

I BECOME STRONGER
AND MORE POWERFUL
BECAUSE I AM ALWAYS
GIVING MY BEST



I HAVE THE CONFIDENCE
AND COMMUNICATION
SKILLS TO RESOLVE
CONFLICTS WITH EASE





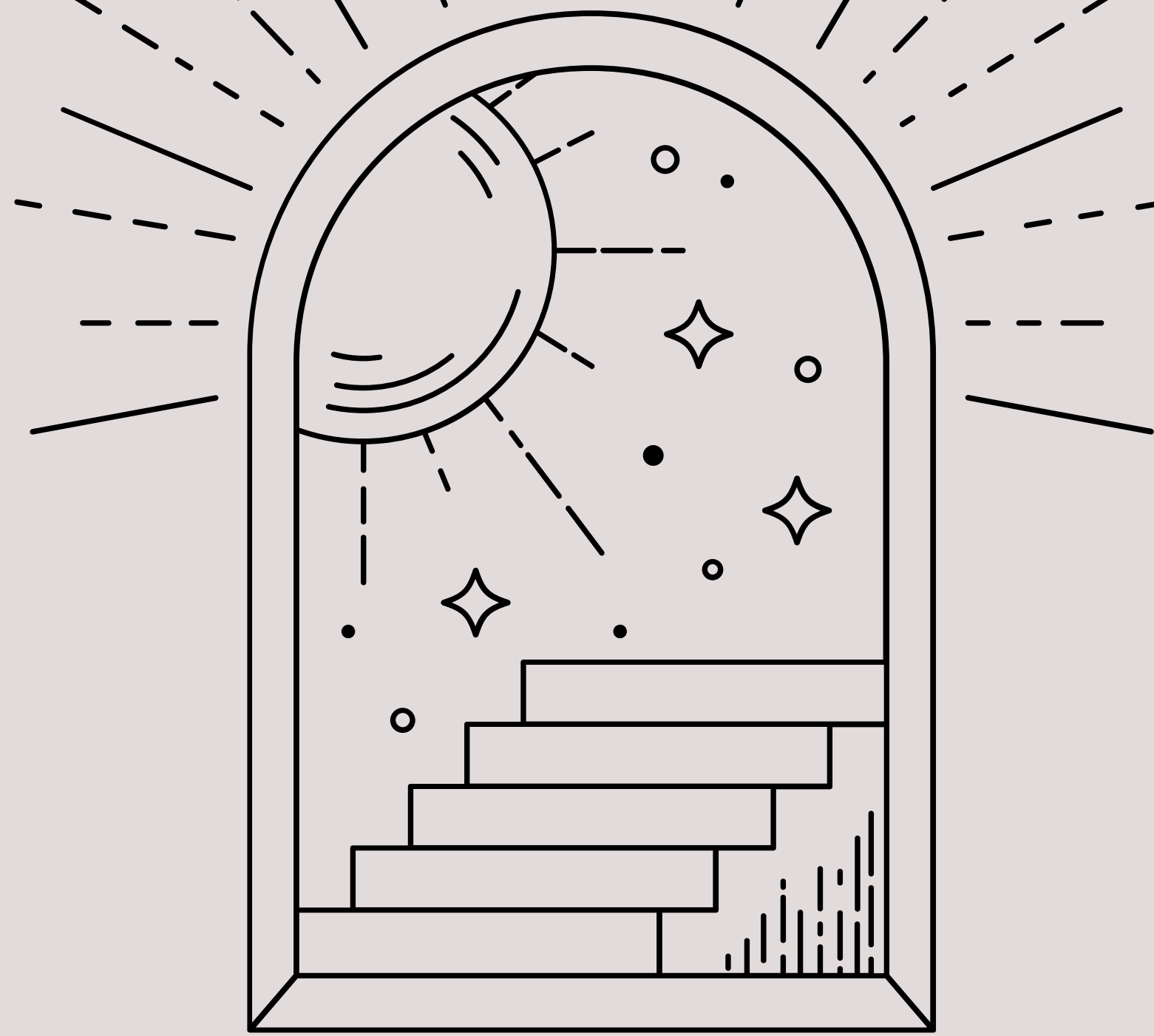
I TRUST THAT EVERY TIME
A CO-WORKER OR MY BOSS
DOESN'T TALK OR RESPOND
TO ME IN A KIND WAY, IT'S
A CRY FOR HELP AND HAS
NOTHING TO DO WITH ME.



I AM GRATEFUL FOR THE
ABUNDANCE AND
GROWTH OPPORTUNITIES
MY CAREER OFFERS



ALTHOUGH I LOVE MY
WORK, MY SELF-WORTH
DOES NOT DEPEND ON IT.
I AM SO MUCH MORE
THAN JUST MY CAREER.



BECAUSE I SEE
AND APPRECIATE
THE GOOD IN MY
LIFE, MORE GOOD
WILL COME



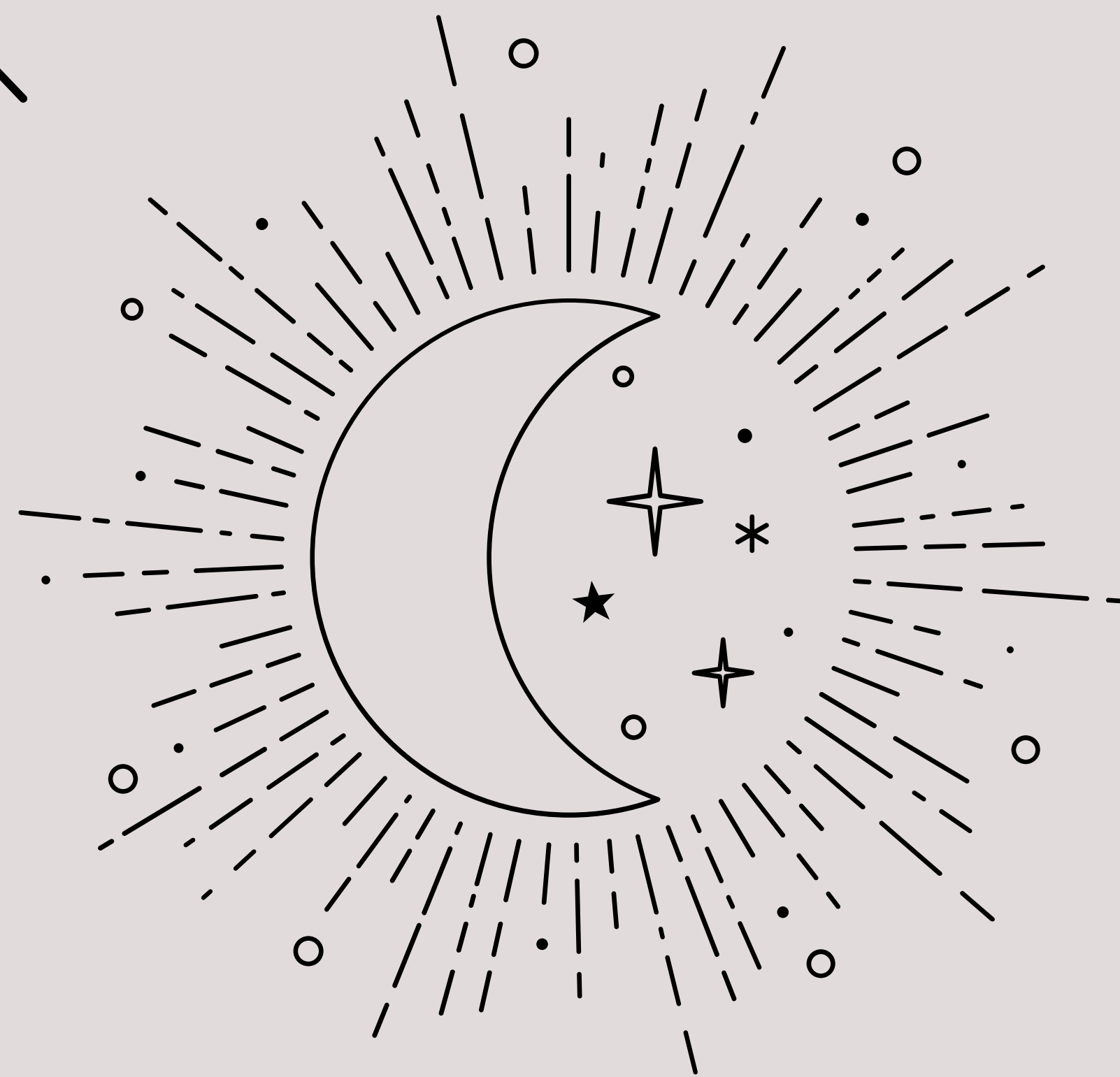
TODAY IS A NEW
OPPORTUNITY TO LIVE AN
INSPIRED, HAPPY AND
CREATIVE LIFE. I HAVE THE
POWER TO MAKE IT HAPPEN
AND I'M THANKFUL FOR IT



THE WAY I FIND JOY IN
THE SMALLEST THINGS
INSPIRES AND LIFTS UP
OTHERS AROUND ME



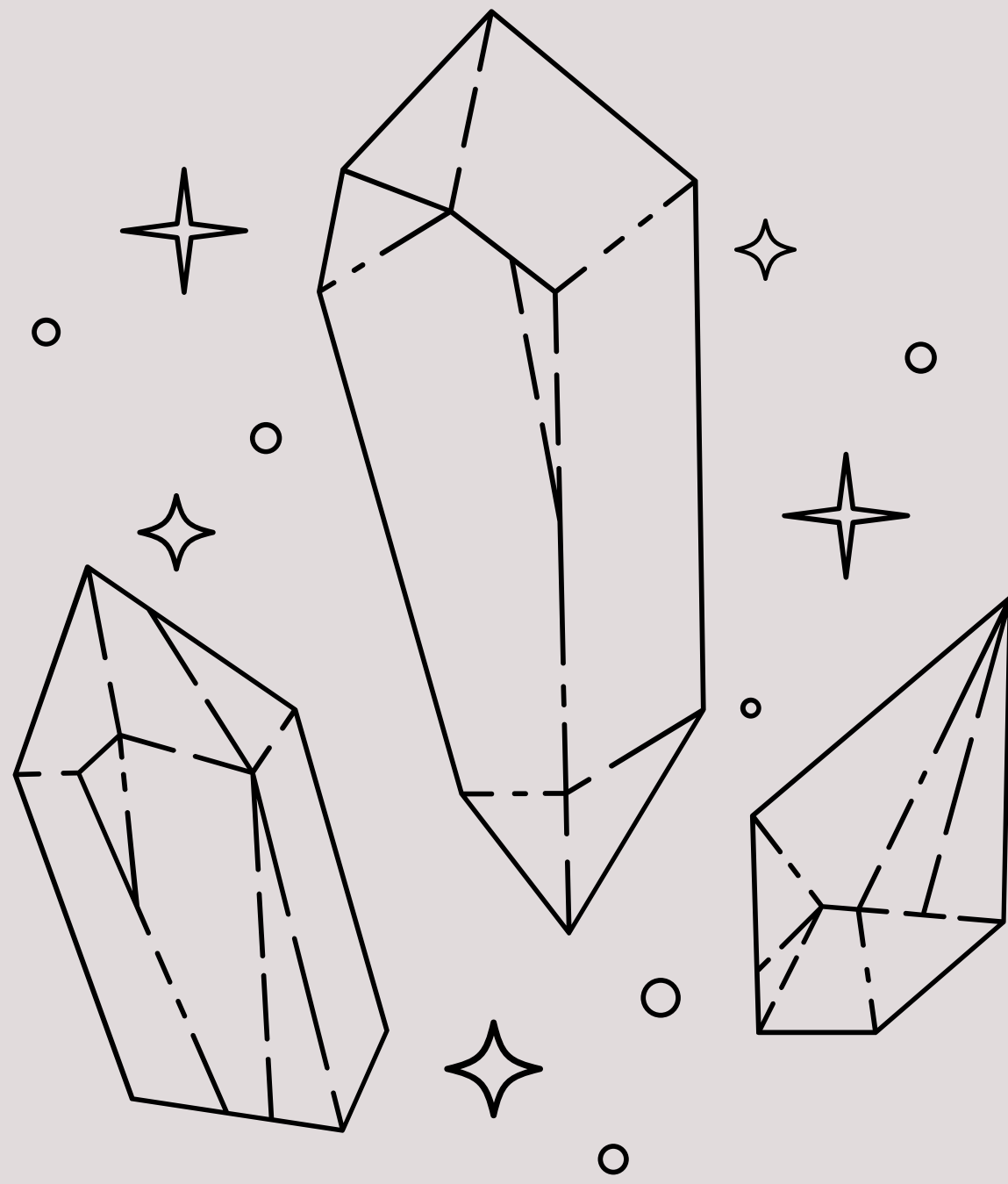
I HAVE THE POWER TO LET
GO OF ANY HURTS AND I AM
GRATEFUL BECAUSE I AM A
PERSON THAT CAN FIND
THE GOOD IN ANYONE AND
ANYTHING



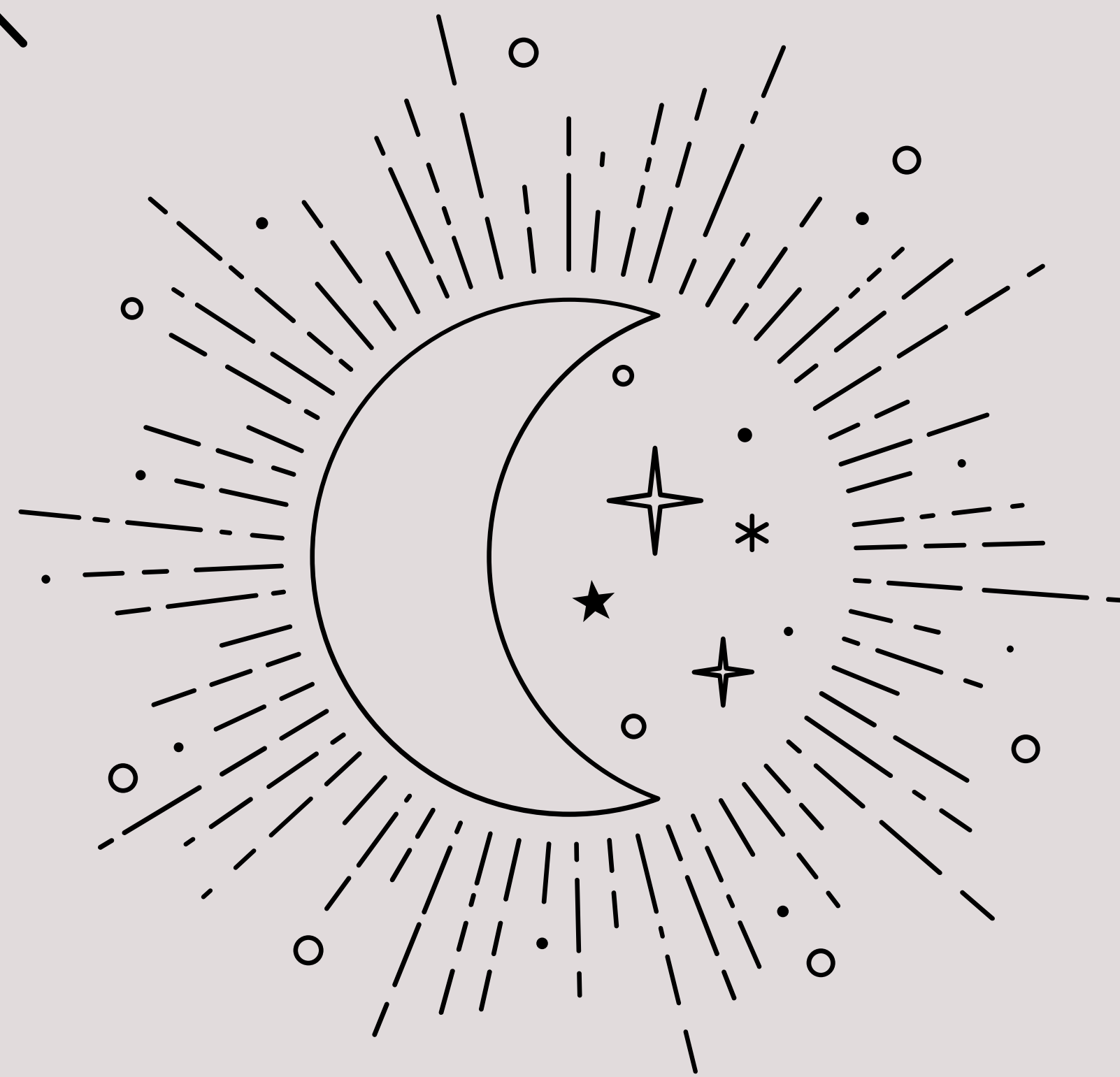
I AM THANKFUL FOR
WHAT MY BODY AND
MIND HAVE DONE FOR
ME TODAY AND ALL THE
DAYS OF MY LIFE



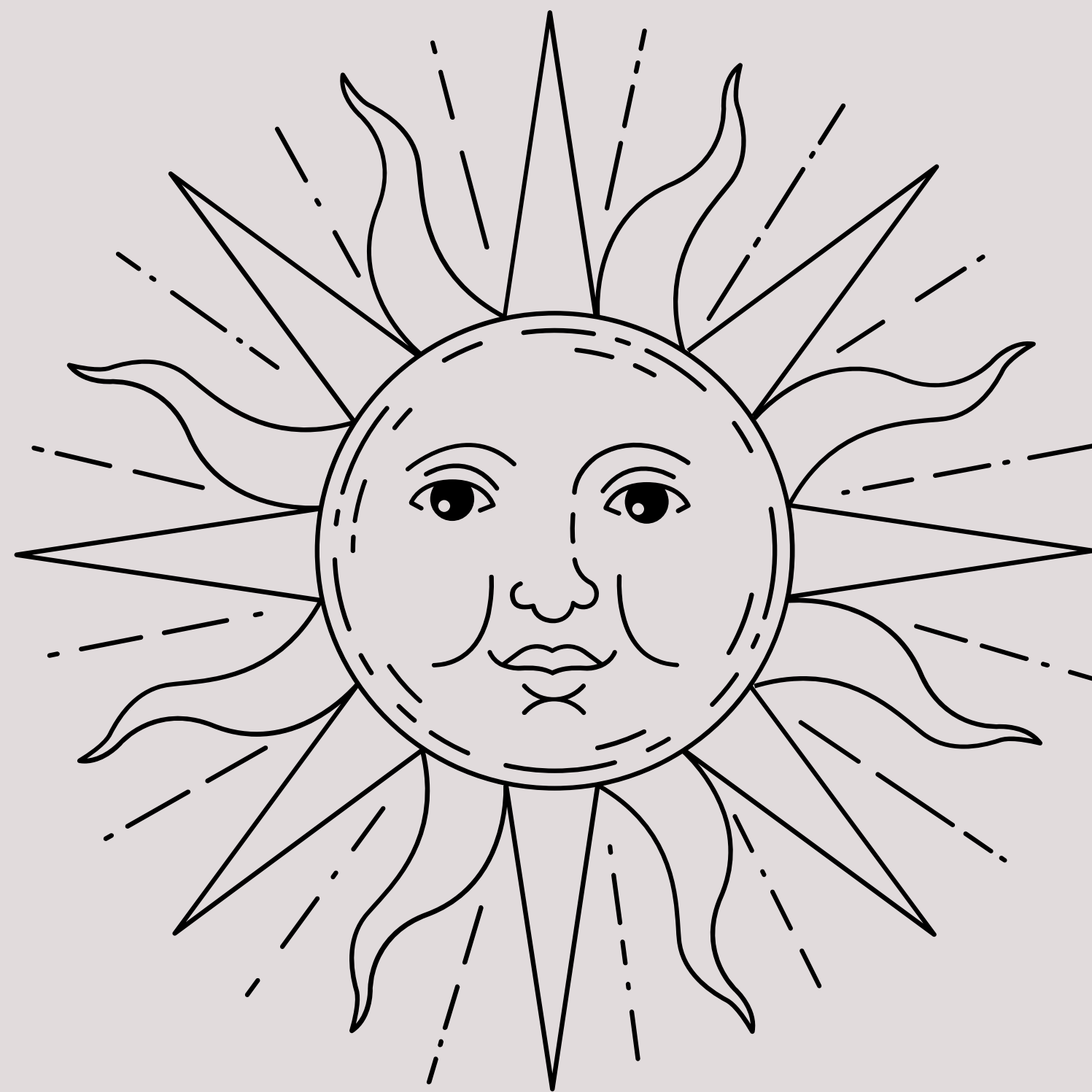
I AM THANKFUL FOR
PAST HURTS AND
MISTAKES BECAUSE THEY
HAVE HELPED ME TO
GROW AND MADE ME
STRONGER



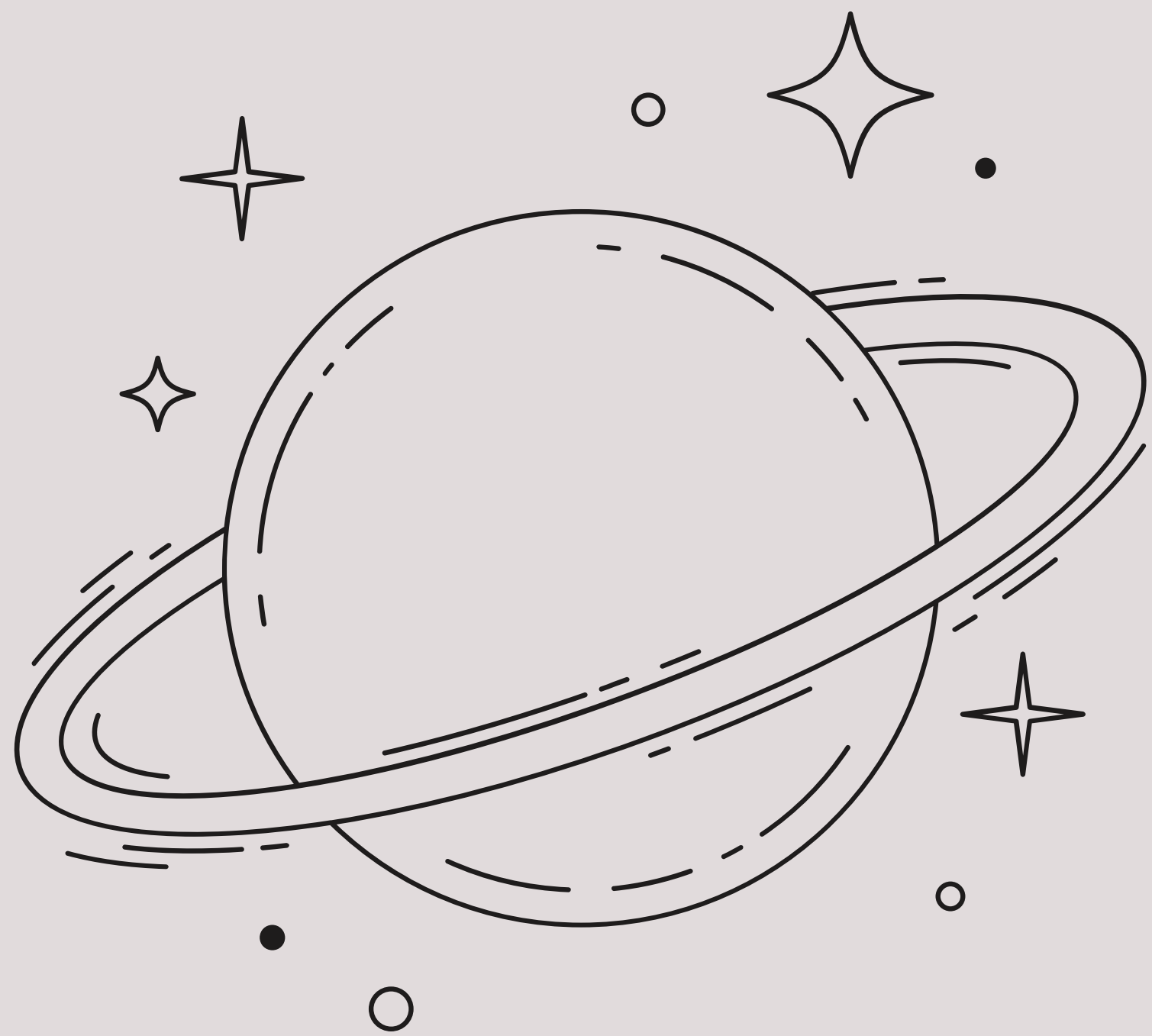
I AM GRATEFUL FOR ANY
POSITIVE THOUGHTS
THAT ARISE IN MY MIND
AND I LET THEM GUIDE
MY ACTIONS



I AM OPEN TO AND
APPRECIATIVE OF ALL THE
OPPORTUNITIES THAT WILL
COME INTO MY LIFE TODAY
AND WILL ALLOW ME TO SHOW
UP AS MY HIGHEST SELF
AND/OR WILL SPARK POSITIVE
CHANGE AND GROWTH



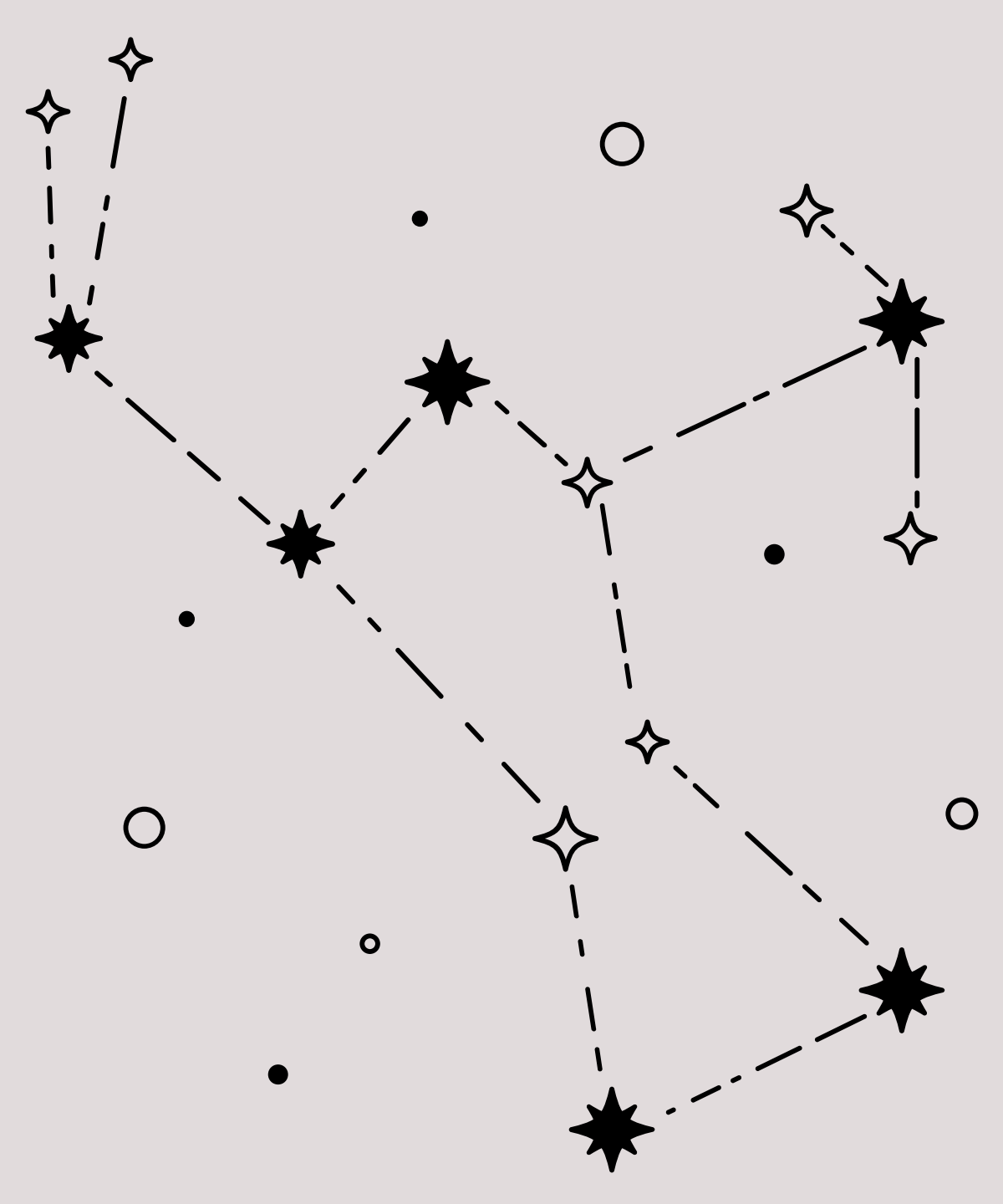
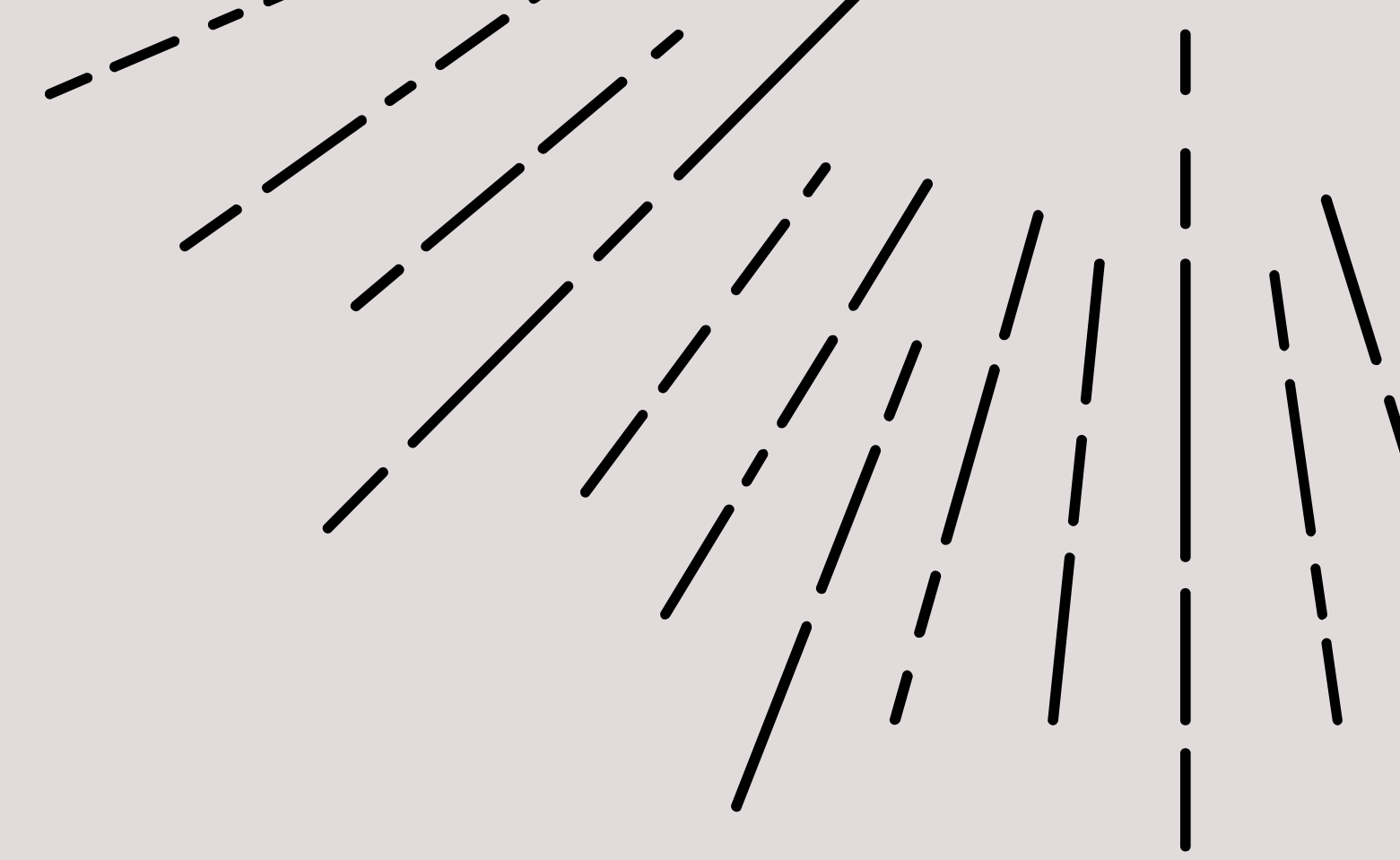
I AM GRATEFUL FOR THE
PEOPLE IN MY LIFE THAT
TEACH ME HOW TO BE
ACCEPTING, PLAYFUL,
PATIENT AND KIND



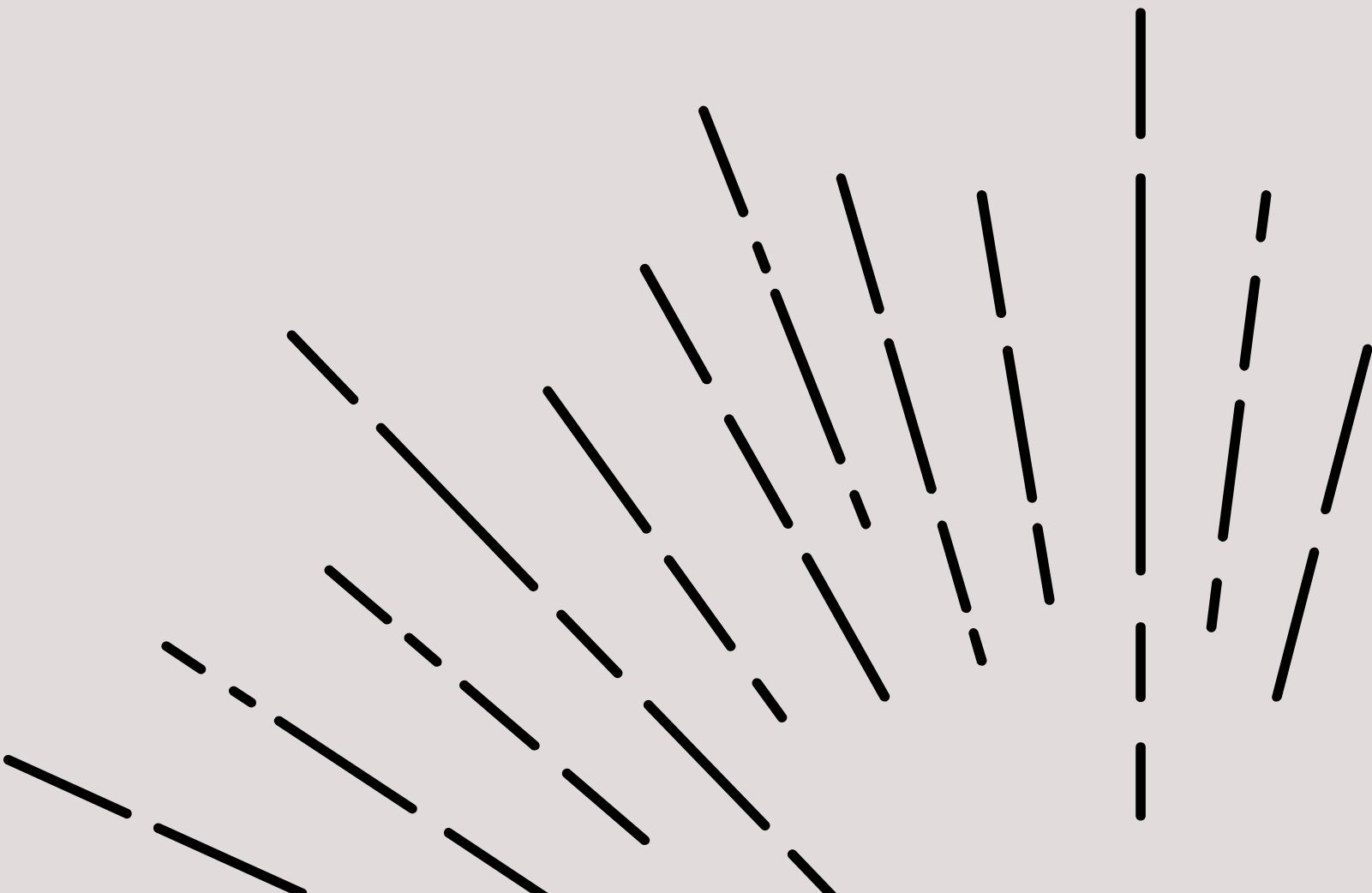
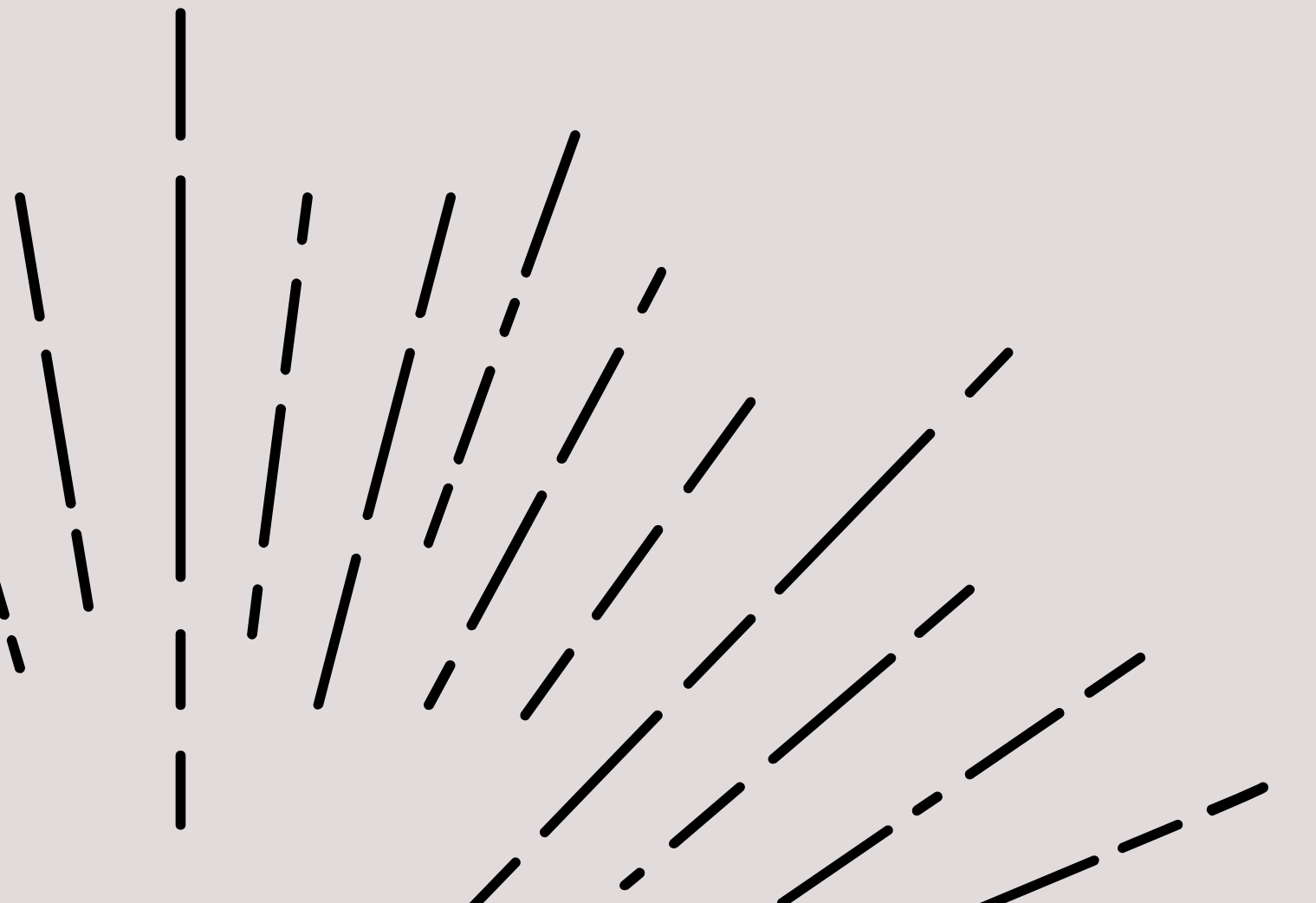
I AM OPEN TO ALL OF
LIFE'S CHALLENGES AND
BLESSINGS TODAY



I AM THANKFUL FOR ALL
MY EMOTIONS. THERE IS
NO GOOD OR BAD. I AM
HAPPY THAT I CAN
EXPERIENCE LIFE AND
FEEL SO DEEPLY

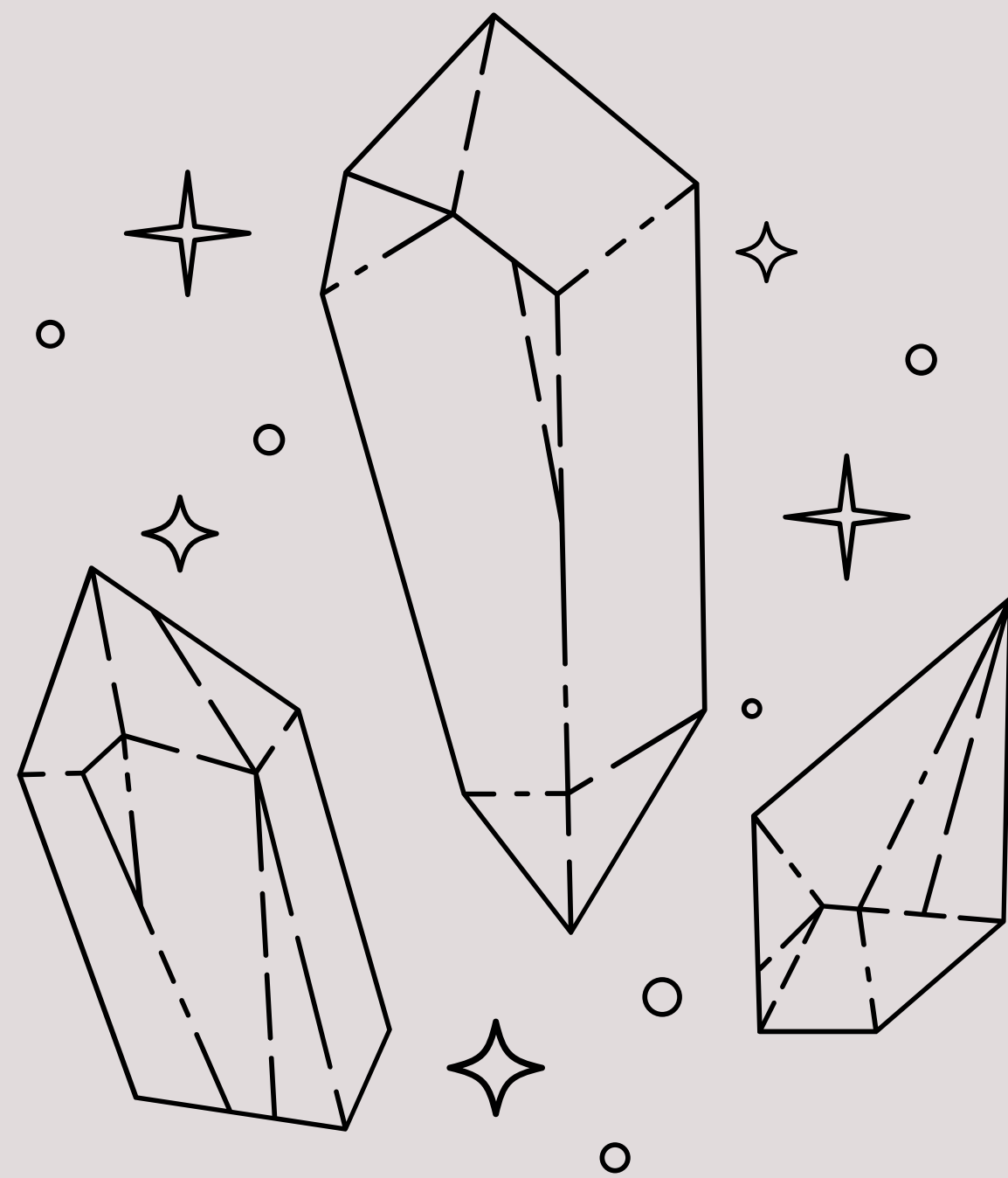


BECAUSE I SEE MORE
BLESSINGS, I CALL MORE
BLESSINGS INTO MY LIFE

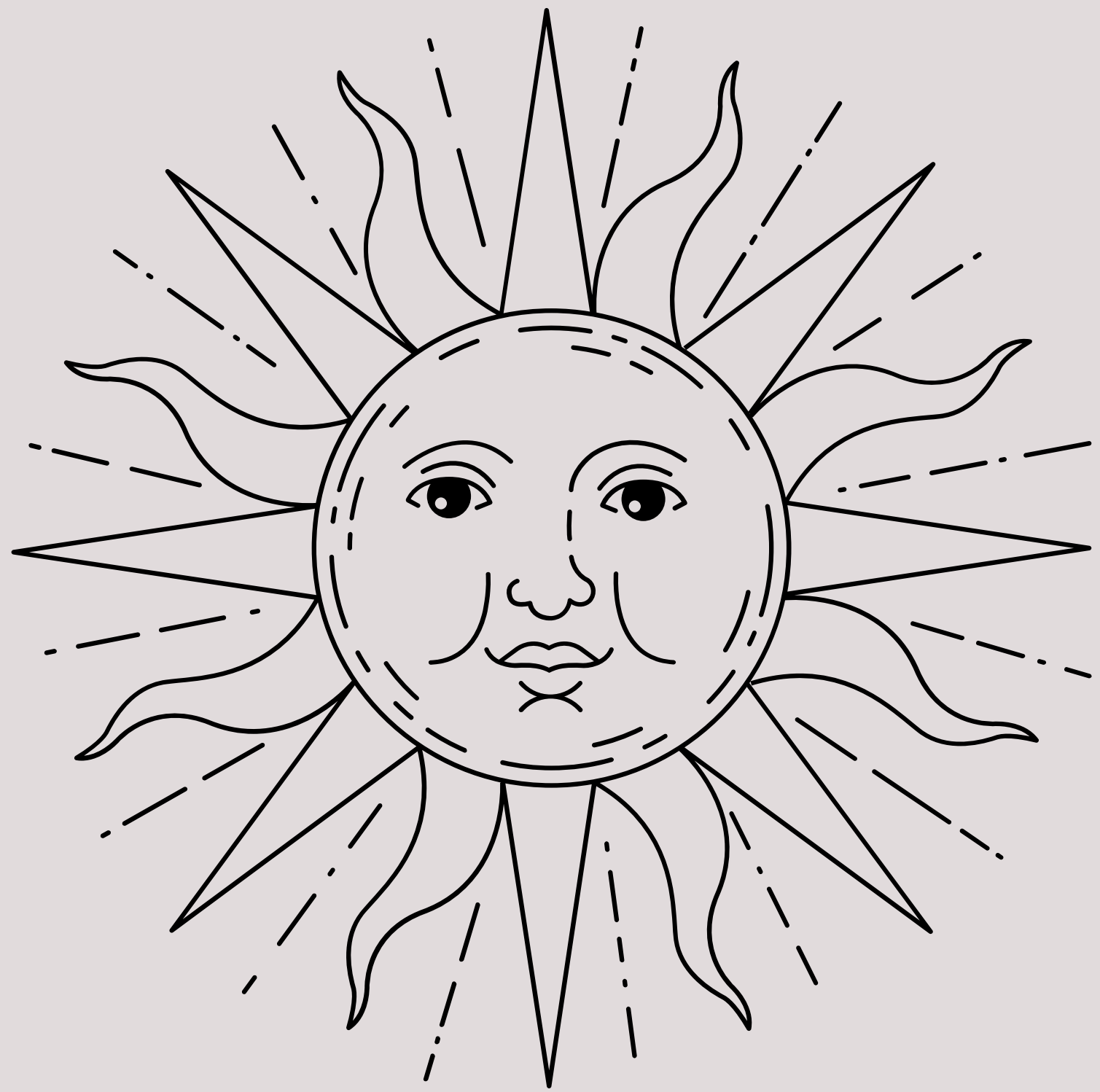




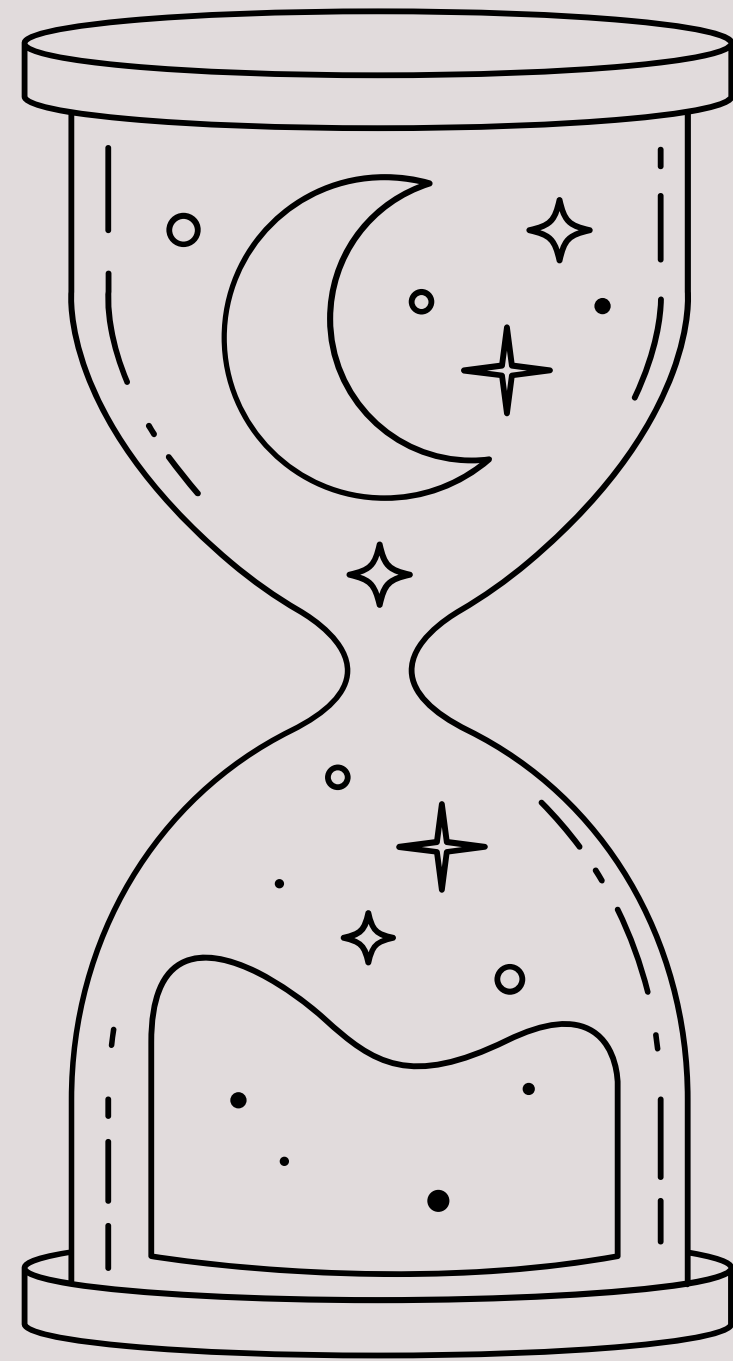
I CAN CONTRIBUTE IN SO
MANY WAYS AND I AM
THANKFUL FOR THAT



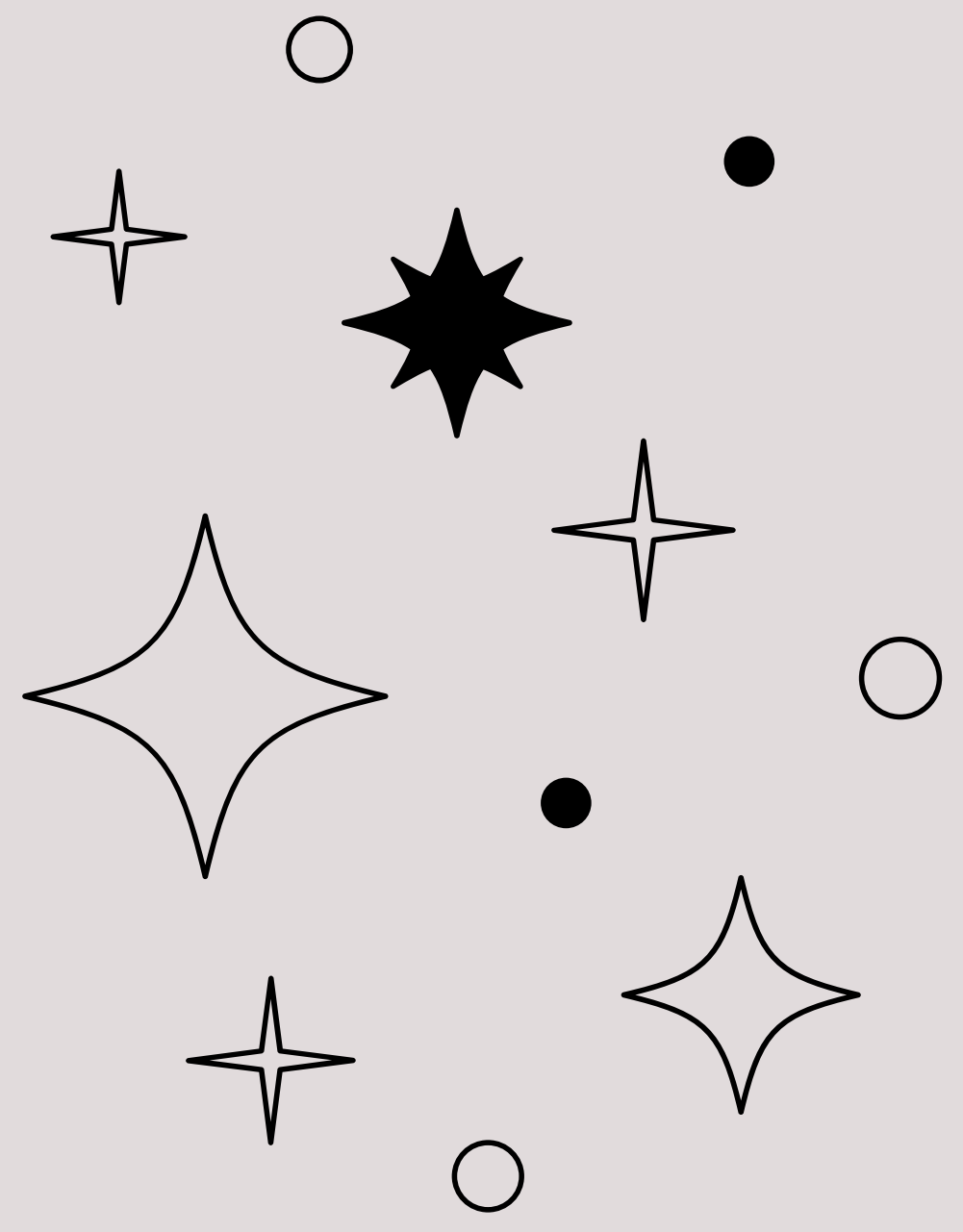
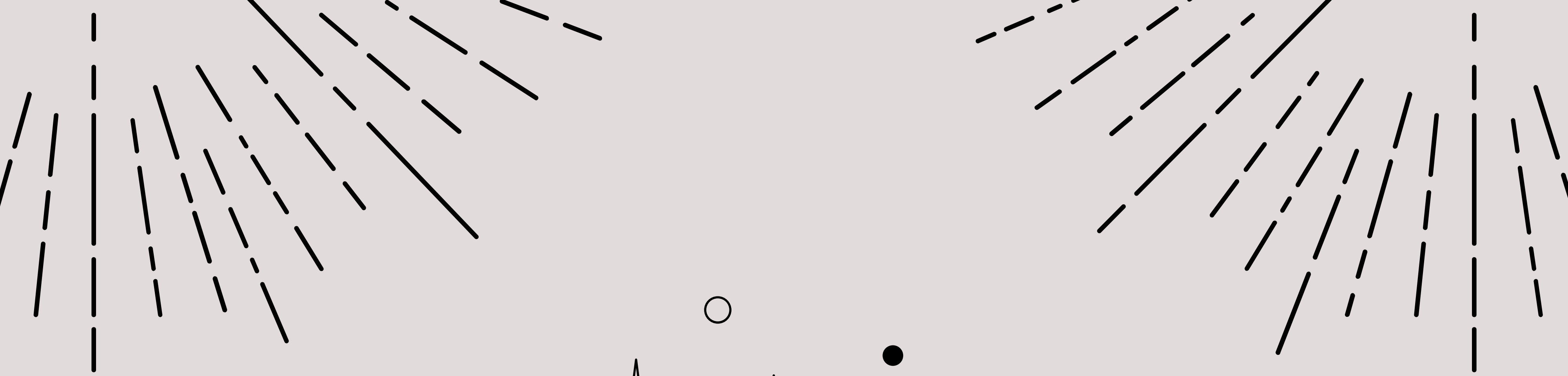
EVERY KIND WORD I SAY
TO THOSE AROUND ME
ALLOWS ME TO SPARK
AND CULTIVATE
MEANINGFUL
CONNECTIONS



I AM GRATEFUL BECAUSE
I INSPIRE OTHERS WITH
MY GENEROSITY,
PATIENCE AND KINDNESS



I AM THANKFUL TO BE
ABLE TO ASK FOR AND
RECEIVE HELP FROM
OTHERS



I AM A VERY GRATEFUL
PERSON.





I RADIATE LOVE, JOY,
PATIENCE, GRATEFULNESS
AND GENEROSITY THAT'S
WHY PEOPLE LOVE TO BE
AROUND ME



ABUNDANCE IS A STATE
OF MIND. THAT'S WHY I
PRACTICE GRATITUDE ON
A DAILY BASIS



I AM THANKFUL FOR MY
STRENGTH AND RESILIENCE
BECAUSE I KNOW I CAN
CONFIDENTLY HANDLE ANY
ADVERSITY AND
CHALLENGE THAT COME MY
WAY