The Negative-Free Zone: Find Inner Peace by Releasing Negativity

Autosuggestions & Affirmations for letting go of negativity and embracing a positive outlook. Learn how to focus on the good, reframe your thoughts, and overcome obstacles that hold you back.

Prithee Ajodah

Autosuggestion is the power of mind over matter - if you convince yourself that you are cured, you will be.

Affirmations are a great tool that calms down the "doing brain," and focuses us on the present moment. In this space, our thoughts don't have the opportunity to go anywhere else.

Reciting affirmations out loud to yourself may feel unnatural at first. However, if you practice them on a consistent basis, they have the potential to transform your entire life.

Repeating these affirmations over and over impresses the subconscious mind to such a degree that it slowly starts transforming the body to align with the health thoughts.

Start by identifying your negative thought patterns and creating positive countering statements. For example, a phrase such as "I'm not good at anything" may become "I always do my best.." Affirmations are most effective when implemented into a daily routine.

1. Release the past — Embrace the present.
2. What's gone is gone — Focus on what you can control.
3. Forgive yourself and others — Let go of grudges.
4. Learn from your mistakes — Don't dwell on them.
5. Embrace change — It's the only constant.
6. Accept what you cannot change — Serenity now.
7. Focus on your own journey — Comparison is the thief of joy.
8. Be grateful for what you have — Appreciation brings blessings.
9. Surround yourself with positivity — Energy is contagious.
10. Practice self-care — You deserve it.
11. Find strength in the present moment — Here and now is all we have.
12. Trust the process — Growth takes time.
13. Keep moving forward — Don't look back.
14. Let go of attachments — They hold you back.
15. Choose happiness — It's your birthright.

"I can say no without feeling guilty."
"I have the courage to set boundaries and prioritize my well-being."
"My opinions and needs matter just as much as others."
"It's okay to decline requests that don't align with my goals."
"I deserve to be respected and my boundaries should be honored."
"I can be assertive while still being polite and respectful."
"Saying no frees me to focus on things that truly matter to me."
"I have the right to make choices that are in my best interest."
"I am capable of communicating my needs and expectations clearly."
"I have the right to protect my time, energy, and resources."
"Saying no gives me power over my own life and choices."
"Being assertive allows me to cultivate healthier relationships."
"Standing up for myself builds my self-confidence and self-respect."
"I am in control of my own life, and I choose to be assertive when necessary."

"I am in control of my thoughts and emotions."
"I choose to let go of limiting beliefs and embrace new possibilities."
"I have the power to change my perspective."
"This too shall pass, and I will come out stronger."
"I am not defined by my past mistakes or failures."
"I have the strength to overcome any challenge that comes my way."
"I am capable of handling difficult emotions with grace and resilience."
"I trust in my ability to find solutions and make progress."
"Every setback is an opportunity for growth and learning."
"I choose to focus on what I can control and let go of what I cannot."
"I am not defined by other people's opinions of me."
"I release all judgment towards myself and others."
"I am resilient and have the power to bounce back from any setback."
"I am enough, just as I am, and I accept myself unconditionally."
"I am the author of my own story and can create the life I desire."

"I have the power to release the past and create a better future."
"I release all negative emotions and make way for healing and growth."
"Every day is a chance to start fresh and rewrite my story."
"I choose to let go of the past and reclaim my happiness."
"The past cannot be changed, but my perspective and attitude can."
"I am capable of overcoming any obstacle and creating a fulfilling life."
"I choose to forgive, for it is the path to inner peace and liberation."
"I release all regrets and allow myself to live in the present moment."
"I deserve a future filled with joy, love, and abundance."

"I am releasing all negative thoughts and emotions that may be blocking my healing, and I am choosing to focus on love and gratitude."

"I am accepting the support of others during my healing journey, and I am grateful for the love and care that surround me."

"I am open to receiving miracles, and I am confident that my body is capable of complete healing."

"I am strong and capable of overcoming any pain life throws at me."

"This pain is temporary; it will not define my future."

"I will find the strength within myself to heal and move forward."

"I am deserving of healing, happiness, and inner peace."

"I refuse to let this pain hinder my growth and progress."

"I release the pain and welcome joy, love, and positivity into my life."

"I am open to receiving healing energy and
allowing my body to heal itself."

"Every cell in my body is filled with vitality and health."

"I am surrounded by love and support, and I am
grateful for the healing that is taking place."

"My mind is calm and relaxed, allowing my body
to heal more effectively."

"I am worthy of being healed, and I am committed to taking the necessary steps to support my healing journey."

"I am releasing all fear and resistance to healing, and I am open to receiving the miraculous."

"I am becoming more and more healthy and vibrant each day, and I am grateful for the improvements I am experiencing."

"I am trusting in the process of healing, and I am confident that I will be fully restored to perfect health."

Count Your Blessings

A 6-Month Gratitude Journal

Reflect, Redefine, and Renew

Take a journey of self-discovery & appreciation and experience a life-changing perspective shift. Transform your mindset and outlook on life over 180 days

Prithee Ajodah

Count Your Blessings

A 6-Month Gratitude Journal

Prithee Ajodah

Count Your Blessings - A 6-Month Gratitude Journal

Gratitude has a profound effect on both your mental and physical well-being.

Studies have shown that practicing gratitude can change your brain in positive ways, leading to improved mood, better relationships and overall happiness.

Overall, practicing gratitude can have a transformative effect on your brain and your life. By incorporating gratitude into your daily routine, you can experience increased happiness, improved mental health, and stronger relationships.

When you practice gratitude, you focus on the things in your life that you are thankful for. This can help shift your mindset from negativity to positivity, leading to increased feelings of joy, contentment, and overall well-being.

Gratitude can help you see the world from a different perspective and become more empathetic towards others. When you practice gratitude, you are more likely to be kind and compassionate towards those around you.

So take a moment each day to reflect on the things you are thankful for and watch how gratitude can change you for the better.

Gratitude has been linked to improved physical health, including better sleep, reduced inflammation, and lower blood pressure. By practicing gratitude, you can improve your overall well-being and lead a healthier life.

Gratitude has been linked to lower levels of depression, anxiety, and stress. By focusing on the good in your life, you can reduce negative emotions and improve your mental health.
A life-changing journey begins with the simplest of actions.

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Harness the extraordinary power of gratitude with our 6-Month Gratitude Journal, meticulously designed to cultivate a mindset of appreciation and unlock its profound benefits:

Extraordinary Benefits:

Enhanced Mood and Happiness: Release endorphins and boost your spirits by acknowledging the positive aspects of life.
Improved Sleep Quality: A sense of gratitude promotes relaxation and enhances sleep duration and quality.
Reduced Stress and Anxiety:** Redirect your focus to positive experiences, reducing feelings of overwhelm and unease.
Increased Mindfulness: Become more present and appreciative of the present moment, fostering a deeper connection with yourself and your surroundings.
Boosted Self-Esteem: Reflecting on your blessings strengthens your self-worth and improves your overall self-image.
Improved Relationships: Expressing gratitude towards others strengthens bonds and fosters meaningful connections.
Enhanced Resilience: Gratitude develops a foundation of positivity that equips you to cope with challenges and adversity.
Greater Fulfillment: Recognizing and appreciating the blessings in your life leads to a heightened sense of contentment and purpose.
Better Physical Health: Studies have shown that gratitude can strengthen the immune system and improve physical well-being.
Cognitive Benefits: Gratitude exercises your brain's capacity for positivity, leading to improved memory and decision-making abilities.

WHAT IS GRATITUDE?

Gratitude is the expression of appreciation for what one has. Practicing gratitude means making conscious efforts to count one's blessings and notice the goodness in life.

BEING GRATEFUL HELPS TO...

- keep you calm and improve your health
- boost your mood and self-confidence
- reduce feelings of loneliness and isolation
- develop stronger relationships
- improve the quality of your sleep
- encourage positivity and optimism
- reduce stress & make life more enjoyable

START EACH DAY WITH A GRATEFUL HEART.

The Grateful Entrepreneur

Michael had always dreamed of starting his own business, but he was hesitant to take the leap. He constantly worried about failing and never felt like he had enough resources to make it happen. One day, a mentor suggested that he start practicing gratitude to shift his mindset and attract more abundance.

Michael began to focus on what he did have rather than what he lacked. He expressed gratitude for the support of his family and friends, the skills and knowledge he had acquired, and the opportunities that had come his way. As he shifted his mindset, he began to see more opportunities presenting themselves.

With a newfound sense of gratitude and positivity, Michael took the plunge and started his own business. To his amazement, he found success beyond his wildest dreams. Clients flocked to him, investors offered their support, and his business flourished in ways he never imagined possible.

Michael realized that by being grateful for what he had, he was able to attract even more abundance into his life. Gratitude had been the key to unlocking his potential and achieving his dreams.

Week 1

DAY _____

HOW DO I WANT TO FEEL TODAY?

_____

WHAT DO I WANT TO ACCOMPLISH TODAY?

_____

SCHEDULE

8:00 _____

9:00 _____

10:00 _____

11:00 _____

12:00 _____

13:00 _____

14:00 _____

15:00 _____

16:00 _____

17:00 _____

18:00 _____

19:00 _____

20:00 _____

21:00 _____

22:00 _____

23:00 _____

WHAT CAN I IMPROVE ABOUT MYSELF TODAY?

- [ ] _____
- [ ] _____
- [ ] _____

WHAT DID I LEARN TODAY...

- [ ] _____
- [ ] _____
- [ ] _____

WHAT WAS THE BEST THING ABOUT TODAY?

- [ ] _____
- [ ] _____

WHAT INSPIRED ME TODAY?

- [ ] _____

WHAT AM I HOLDING ONTO THAT ISN'T SERVING ME ANYMORE?

TODAY I AM GRATEFUL FOR ...

GRATITUDE PROMPTS

What aspects of your health are you grateful for?

What are some of the things you take for granted
that you are truly thankful for?

Who are the people that you are grateful
to have in your life?

What has someone done for you in the past
that you are truly grateful for?

What pleasant memories from your past
are you grateful for?

What are some of the small things
that bring you joy on a regular basis?

What opportunities have you had in your life
that you are grateful for?

What kind acts have strangers done for you
that you are grateful for?

What kind of education or personal growth have
you experienced that you appreciate?

What personal values are you grateful
for that guide your actions?

What experiences have you had that have helped
you learn more about yourself?

What times in your life have you felt the most
happy, and what was happening then?

The Tale of Gabriela and the Magic Candles

Once upon a time, there was a young girl named Gabriela who lived in a small village. Despite having very little, Gabriela always found ways to be grateful for what she had. She would wake up every morning and thank the sun for shining, the birds for singing, and her family for their love.

One day, a wise old woman visited the village and gave Gabriela three magical candles. She explained that these candles had the power to bring abundance into Gabriela's life, but only if she remained grateful for all that she had.
Excited by the prospect of more abundance, Gabriela lit the first candle and wished for a new dress. To her surprise, the next day, a kind neighbor gifted her a beautiful dress. Overjoyed, Gabriela lit the second candle and wished for a new pair of shoes. Again, her wish came true.

But when Gabriela lit the third candle and wished for even more wealth, nothing happened. Confused, she sought out the old woman for guidance. The old woman smiled and said, "Gabriela, true abundance comes not from wanting more, but from being grateful for what you already have. The more you appreciate the blessings in your life, the more abundance will flow to you naturally."

Realizing her mistake, Gabriela thanked the old woman for the powerful lesson and vowed to always be grateful for what she had. And from that day on, abundance overflowed in her life, bringing her more joy, love, and prosperity than she could have ever imagined.

Moral of the story: Gratitude is the key to abundance. When we appreciate the blessings in our lives, more blessings will come our way.

Week 3

DAY:

Wednesday

TODAY'S *Date*

DAILY BIG 3

Write your top three goals for the day.

1

2

3

TO-DO LIST

Write your tasks for the day.

- [ ]
- [ ]
- [ ]
- [ ]
- [ ]

What are you grateful for today?

SCHEDULE

Map out your full schedule.

05:00
06:00
07:00
08:00
09:00
10:00
11:00
12:00
13:00
14:00
15:00
16:00
17:00
18:00
19:00
20:00
21:00
22:00

Week 7 Day : S M T W T F S

Things I am grateful for today

Today I am proud of

Daily affirmation

What would make today great?

Happy memories

Lessons I learned today

People I am grateful for

My Affirmations

My Happiness level

Rise Up

Unleash Your Inner Warrior
Find Strength in Challenge

Discover the power within you to overcome obstacles and thrive in the face of adversity & asserting yourself with confidence through Powerful Affirmations, Autosuggestions & Coping Statements

Prithee Ajodah

"Rise Up: Affirmations, and Coping Statements for Badass Women" is the ultimate empowering guide for women who refuse to be defined by societal expectations. Within its pages, you will discover an arsenal of uplifting affirmations and powerful coping statements designed to awaken the fierce spirit within and propel you to greatness.

In this transformative book, you'll find:

- Ignite Your Inner Fire: Unleash the passion and determination that lies dormant within you.
- Break Free from Limiting Beliefs: Shatter the glass ceiling imposed by self-doubt and embrace your limitless potential.
- Navigate Challenges with Grace: Learn adaptive strategies for navigating life's hurdles, setbacks, and emotional storms.
- Stand Up for Yourself: Master the art of assertive communication and setting boundaries that honor your worth.
- Embrace Self-Compassion: Nurture a healthy relationship with yourself, fostering acceptance and self-love.

I release all this bottled up anger, bitterness and pain.
I clear all the ways I fear letting go of fear.
I clear all the ways I resist letting go of this guilt.
I clear all the ways my anger is justified.
I clear all the ways parts of me refuse to let go of these heaviness and stuck energies in my body.

This feeling is a useful reminder to slow down and breathe.
I may feel a little anxious, but so what?
It's not the first time and it probably won't be the last.
I'm going to take some nice deep breaths and keep moving forward.
I free myself from all negative attachments now .
I release any heavy energy that is not mine to carry.
I choose to reclaim my power and energy back.

I can handle these symptoms and sensations,
there is no threat or danger.
This isn't an emergency. It's okay to think
slowly about what I need to do.
This feeling isn't comfortable or pleasant,
but I can accept it as it is. I can be anxious
and still deal with this situation.

I clear all the ways I dwell in fear.
I clear all the ways fear is affecting my body and my life.
I release all the emotional traumas which have resulted
in this fearful attitude.
I clear all the ways I am hurting myself with this attitude.
I clear all the ways I am still holding on to all of this anger
even though I know it serves no purpose.

This anxiety won't hurt me, even if it doesn't feel comfortable right now.

These are just scary thoughts, and I have the ability to change my thoughts.

I can take all the time I need in order to let go and relax. I am free to be me.

I clear and release any and all ways I am holding on to guilt.
I clear and release all my conscious or unconscious
thoughts and feelings of guilt.
I release any and all deep rooted guilt.
I clear all the ways I am consumed with anger and guilt.
I clear all the ways I allow conscious and
unconscious guilt to direct my life.

Today I will not let anyone pull me into their fearful energies, and negativities, instead I will pull them into my calm & peaceful energy.

Today is going to be a really good day.

I am scared and anxious, but I can handle this situation.

When this is over, I'll be glad I did it.
I will listen to my feelings, and I will be kind to myself.

I am in control of my thoughts and emotions,
and I choose to focus on the good.

I acknowledge my feelings, but I do not let them control me.
I am strong, resilient, and capable of
overcoming any challenge.

I trust in the process of healing and growth,
knowing that it takes time.

SPEAK TO EMPOWER

THE ULTIMATE GUIDE TO TRANSFORMING HOSTILE FAMILY CONVERSATIONS INTO EMPOWERING, JOYFUL & UPLIFTING ONES THAT HEAL & STRENGTHEN BONDS, BANISH NEGATIVE THOUGHTS & BELIEFS & INSPIRES HEALTHIER RELATIONSHIPS

MASTERING MINDSET
FOR A PEACEFUL FAMILY LIFE

BY PRITHEE AJODAH

Speak

To

Empower

Prithee Ajodah

Transforming Hostility Into Understanding

This book is a must-read for anyone seeking a more harmonious life built from empowering conversations. Conflicts between spouses and their mothers-in-law, for example, can be stressful and overwhelming. Reassessing negative thoughts and beliefs can help navigate through these conflicts with ease. Practical actionable advice is offered on taking control of thinking patterns, communication, and interactions. Create stronger, happier, and healthier relationships with anyone.

Say goodbye to marital discord, work clashes, and in-law woes. Say hello to a more empowering and supportive atmosphere. Learn practical examples to shift your inner dialogue and build unshakable self-confidence.

Cultivate the mindset of a winner. Tap into the power of positive thinking and unlock a life of fulfillment and success. Conversations in this book demonstrate how carefully worded phrases can avoid escalation and resentment. Just substitute the person with whom you are talking for any person that is relevant in your context.

Mastering your Mindset FOR a Blissful Life

Reframe negative thoughts and beliefs for more joyful, uplifting, peaceful & healthier relationships. Learn transformative conversations to nurture balanced dynamics within your family, at work or amongst the general public.

Drawing from the wisdom of my patients, I crafted this unique book with invaluable insights and guidance. Together we can repair fractured relationships and nurture love. Together, we can heal wounds and cultivate lasting connections.

Letting Go of The Ego

1. Wife: Honey, I think we need to work on letting go of our egos and find a solution to our problems. We need to reframe our thoughts towards each other to avoid hurting each other's feelings.

Husband: I completely agree, my love. It's important that we learn to put our egos aside and listen to each other. We should focus on finding common ground.

2. Wife: Sometimes, I feel like we just keep arguing because we're both too stubborn to admit we're wrong. We need to change that, don't you think?

Husband: Yes, you're right. I think we should reframe our thoughts and focus on finding a solution instead of proving who's right or wrong. We're on the same team, and we should work together towards our common goals.

3. Husband: Sweetheart, I'm sorry if I hurt your feelings earlier with my words. I understand that I need to let go of my ego and listen to you more.

Wife: Thank you for acknowledging that. I also realize that I can be defensive and need to work on rephrasing my statements to avoid sounding accusatory.

"Let's be committed to healing & strengthening our relationship.
Let's choose love & understanding over anger & resentment.
Let's communicate openly & honestly with each other.
Let's forgive & let go of past hurts, allowing new love & growth.
Let's prioritize our relationship & make time for each other.
Let's support & uplift each other in all aspects of life.
Let's embrace vulnerability & create a safe space for sharing our emotions.
Let's practice patience & empathy, seeking to understand each other's perspectives. Let's be grateful for the love we have & nurture it every day."

Relationship Worksheet

Qualities that you admire about your partner:

Values that you have and want your partner to have:

Things you couldn't say to your partner:

In your own words, what is trust?
List two things that can break trust:

What practical things can you do to build trust?

Conversation 1: Acknowledging Anger

Husband: I've noticed that we've been arguing a lot lately, and it seems like we both get angry rather quickly. Can we talk about how this makes us feel?

Wife: I agree, it's been tense between us. I feel frustrated and hurt when we argue so often.

Husband: I understand. I also feel upset, and sometimes my anger gets the best of me. I think it's important for us to address this and find a way to handle our anger more constructively.

Conversation 2: Avoiding Blaming

Wife: Every time something goes wrong, I feel like you blame me for everything!

Husband: I'm sorry if it seems that way, but I don't want to blame you. I think it's important for us to take responsibility for our actions without putting each other down.

Wife: I appreciate that. I'll try not to automatically assume you're blaming me. Let's work on communicating without finger-pointing.

"Anger can be a fire that burns everything in its path, or it can be a catalyst for change and growth within a marriage; the choice is ours."

Conversation 3: Healing Past Hurts

Husband: I've been carrying some hurt from our past arguments. Can we open up about it and work towards healing?

Wife: I understand. I also have my own pent-up emotions from the past. Let's listen to each other and find a way to move forward.

Husband: I want us to let go of the past hurts and focus on building a stronger future together.

Conversation 4: Breaking the Complaining Cycle

Wife: It feels like we're constantly complaining about each other. It's draining and makes me question our relationship.

Husband: I don't want us to be trapped in a vicious cycle of complaining. Can we try to communicate our needs and concerns more positively?

Wife: I agree. Let's focus on expressing gratitude for each other's efforts and discuss our issues in a more constructive way.

"Anger and blaming only create distance; it is through love and understanding that you can bridge that gap."

Powerful Questions to Ask Yourself about Your Relationship:

1. How do I contribute to the cycle of anger, blaming, and hurt in our relationship?

2. What patterns or unresolved issues from my past may be influencing my interactions with my partner?

3. Are my complaints and criticisms focused on the behavior, or am I attacking my partner's character?

4. How can I cultivate a more open and honest dialogue with my partner instead of resorting to blame?

5. What specific steps can I take to improve my communication skills and actively listen to my partner?

6. How can I take ownership of my emotions and reactions instead of projecting them onto my partner?

7. What role does forgiveness play in healing past wounds and moving towards a healthier dynamic?

8. Are there any unhealthy habits or behaviors I need to address within myself for the sake of our relationship?

9. Am I willing to make compromises and meet my partner halfway when conflicts arise?

10. How can I foster a greater sense of understanding, empathy, and appreciation for my partner's perspective?

Wife: Honey, I've been reflecting on our conversations, and I think it's time we let go of our egos and past limiting beliefs. They are holding us back from truly connecting and growing together.

Husband: Hmm, I understand what you mean. We've both heard things from others that have influenced us, and it's time we break free from that. How do you suggest we start?

Wife: Firstly, let's actively acknowledge when our ego is getting in the way of our communication. Instead of reacting defensively, let's take a step back and reassess the situation. We should focus on our intentions rather than proving ourselves right.

Husband: That's a good point. It's essential to remember that we are a team and not opponents. Let's also work on overcoming our past limiting beliefs. We need to support each other in challenging and overcoming those beliefs instead of validating them.

Wife: Exactly! We should create a safe space for open and honest conversations. When one of us shares a limiting belief, instead of dismissing it, let's actively listen and offer support.

Husband: Agreed. And when we communicate, we should be mindful of our language. Non-hostile words can help us express our needs and feelings without blaming or criticizing each other.

Wife: I think that's crucial. We should choose our words wisely and try to understand each other's perspectives, even if we disagree. This way, we can have more empowering dialogues and find common ground.

Husband: Absolutely. It's about active listening, empathy & showing understanding. We should also encourage each other's personal growths even if they challenge our old beliefs.

Wife: Yes, let's support each other unconditionally. We should remember that personal growth benefits both of us and ultimately strengthens our relationship.

Husband: Agreed, my love. We can create a stronger and more fulfilling bond by letting go of ego, challenging our past beliefs, and communicating with love and respect.

Relationship issues most people are having nowadays and how to tackle each one.

1. Lack of communication: Many people struggle with effective communication in their relationships, leading to misunderstandings and resentment. To tackle this issue, it is important to prioritize open and honest communication. For example, make it a habit to regularly check in with your partner about how they are feeling and actively listen to their concerns without judgment. Additionally, set aside dedicated time to discuss important topics and work through conflicts together.

2. Trust issues: Trust is the foundation of any healthy relationship, but it can easily be damaged due to past experiences or breaches of trust. To address trust issues, it is crucial to rebuild trust gradually, through consistent actions and open communication. For instance, the betrayed partner can express their need for transparency, while the other partner can make efforts to be more reliable and accountable.

3. Intimacy problems: Sexual and emotional intimacy can diminish over time, leading to dissatisfaction and disconnection. Overcoming intimacy problems requires a proactive approach, such as initiating open discussions on desires and needs.

4. Balancing personal and relationship needs: With busy lifestyles and various responsibilities, finding a balance between personal and relationship needs can be challenging. It is important to prioritize self-care while also nurturing the relationship. One example is setting boundaries and scheduling dedicated time and activities for both partners, such as date nights. Openly discussing individual needs and expectations can help strike a healthy balance.

5. Differences in values and goals: When partners have different values or conflicting life goals, it can lead to constant disagreements or a sense of incompatibility. Tackling this issue involves finding common ground, understanding each other's perspectives, and seeking compromise. For example, partners can engage in active listening and empathy exercises to better comprehend each other's core values.

Signs you have a narcissistic wife or husband

1. Lack of empathy: Your partner may have difficulty understanding and empathizing with your feelings.

2. Grandiosity: Your partner may have an inflated sense of self-importance and may exaggerate their achievements or talents.

3. Need for admiration: Your partner may constantly seek attention and admiration from others.

4. Sense of entitlement: Your partner may feel entitled to special treatment or privileges and may become angry or upset if they don't receive it.

5. Manipulation: Your partner may use manipulation tactics to get what they want such as guilt-tripping or gaslighting.

6. Lack of accountability: Your partner may refuse to take responsibility for their actions or mistakes.

7. Arrogance: Your partner may display arrogance and a lack of humility.

8. Difficulty with criticism: Your partner may react negatively to criticism or feedback, becoming defensive or angry.

"We commit to understanding each other's needs and meeting them."

"We take responsibility for our actions and apologize when necessary."

How to respond to a narcissistic partner?

1. Set boundaries: Clearly communicate your boundaries and expectations to your partner, and be firm in enforcing them.

2. Practice self-care: Take care of yourself physically, emotionally, and mentally, and prioritize your own needs and well-being.

3. Stay calm: Try to remain calm and composed when interacting with your partner, and avoid getting drawn into their drama.

4. Avoid engaging in arguments: Narcissistic individuals may thrive on conflict and arguments, so try to avoid engaging in these types of interactions.

5. Use "I" statements: When communicating with your partner, use "I" statements to express your own feelings and needs, rather than blaming or attacking them.

6. Seek support: Consider seeking support from a therapist, support group, or trusted friend or family member.

7. Consider the bigger picture: Think about your long-term goals and whether your relationship with your partner is healthy and fulfilling for you.

Remember that you cannot change your partner's behavior, but you can control your own responses and actions. Focus on taking care of yourself and making choices that are in your best interest.

"The most important relationship in your life is the relationship you have with yourself. Self-love is not selfish, it is essential for your well-being and happiness."

Grateful Heart Fulfilled Soul

My Gratitude Journal

An all-in-one journal with
daily prompts, inspirational quotes &
mindful exercises which will help you
invite more abundance into your life.

Prithee Ajodah

How to use this journal:

It is important to remember that a journal is a personal and private habit of writing. It should be a space where you can express yourself truthfully and without inhibition.

To begin your writing process, find a quiet place and take a few minutes to focus on your breath. This can help to alleviate any distractions and establish mental clarity.

Once you begin to write, there is no need to adhere to a specific format or structure. Write freely and allow your mind to wander. Don't be afraid to explore different ideas or follow unexpected trains of thought.

Keep in mind that continuity is key. Try to avoid stopping halfway, as this can disrupt your flow and make it harder to pick up on later. Finish what you started. You can always go back later to edit, revise or rewrite them.

Above all, be truthful with yourself. Your journal should serve as an honest representation of your thoughts, feelings and perspectives at any given time. Don't shy away from expressing your candid opinions and emotions.

Remember, this is your space to be unapologetically yourself.

In this all-in-one journal, you'll discover the power of gratitude to help you find peace, acceptance and happiness.

Attract abundance in your life, let go of limiting beliefs and spark joy in every aspect of your existence.

A gratitude journal is a personal journal in which a person records things they are grateful for on a regular basis. It is designed to be used as a tool for mindfulness and positivity. With time, it improves one's sense of well-being and happiness.

Entries in a gratitude journal can include anything from small everyday blessings, like a warm cup of coffee or a kind word from a friend, to larger life-changing events like, passing exams, a new job or the birth of a child.

The act of writing down these blessings shifts your mind from the negatives and reminds you to find the positives and focus on the blessings.

Giving gratitude is a deliberate practice that transforms our lives.

Gratitude Prompts

What are three key tasks that you must complete today?
What is the top priority item on your to-do list?
What do you need to do to prepare
for tomorrow's meeting?
What are the deadlines you have to meet today?
Are there any resources or information you need
to gather before starting a task?
How will you stay organized and track your progress
throughout the day?
What time blocks have you set aside
for specific activities or projects?
Do you have any appointments, meetings,
or calls scheduled for today?
What is your plan for staying focused and
avoiding distractions?
What tasks or activities can you delegate to others?
How will you make time for breaks and self-care
throughout the day?
What is your strategy for dealing with
unexpected events or setbacks?

How will you measure your productivity
and evaluate your progress?

Do you need to create or review any documents,
reports, or presentations?

What is your plan for following up on tasks or projects
that you complete today?

Are there any emails or messages
you need to respond to?

How will you stay connected with colleagues,
clients, or customers throughout the day?

What are the key outcomes or goals you hope
to achieve by the end of the day?

Do you need to schedule time for research, learning, or
personal development?

How will you reflect on your day's accomplishments
and set priorities for tomorrow?

Week 1

DAY _____

HOW DO I WANT TO FEEL TODAY?

_____

SCHEDULE

8:00 _____

9:00 _____

10:00 _____

11:00 _____

12:00 _____

13:00 _____

14:00 _____

15:00 _____

16:00 _____

17:00 _____

18:00 _____

19:00 _____

20:00 _____

21:00 _____

22:00 _____

23:00 _____

WHAT AM I HOLDING ONTO THAT ISN'T SERVING ME ANYMORE?

WHAT DO I WANT TO ACCOMPLISH TODAY?

_____

WHAT CAN I IMPROVE ABOUT MYSELF TODAY?

- [ ] _____
- [ ] _____
- [ ] _____

WHAT DID I LEARN TODAY...

- [ ] _____
- [ ] _____
- [ ] _____

WHAT WAS THE BEST THING ABOUT TODAY?

- [ ] _____
- [ ] _____

WHAT INSPIRED ME TODAY?

- [ ] _____

TODAY I AM GRATEFUL FOR ...

Things I am grateful for today

Today I am proud of

Daily affirmation

What would make today great?

Happy memories

Lessons I learned today

People I am grateful for

My Affirmations

My Happiness level

Week 3

DAY:

Monday

TODAY'S *Date*

DAILY BIG 3

Write your top three goals for the day.

1

2

3

TO-DO LIST

Write your tasks for the day.

- [ ]
- [ ]
- [ ]
- [ ]
- [ ]

What are you grateful for today?

SCHEDULE

Map out your full schedule.

05:00
06:00
07:00
08:00
09:00
10:00
11:00
12:00
13:00
14:00
15:00
16:00
17:00
18:00
19:00
20:00
21:00
22:00

WEEKLY GRATITUDE

Write about something you are thankful for each day.

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Sunday

Shadows of the Soul Embrace Your Inner Darkness

Transforming Past Wounds & Pain into Wisdom, Power & Personal Strength Heal from Within

A Shadow Work Journal for Self-Discovery

Rise above your fears and insecurities by facing them head on through reflective questions

Prithee Ajodah

Conquer your fears, unleash your inner strength, and become the unstoppable force you were always meant to be. Dive deep into the shadows of your soul, confront your demons, and emerge as a warrior of light.

This journal is your weapon, your tool, your key to unlocking the limitless power within you.

Embrace the darkness, embrace the challenge, and transform into the ultimate version of yourself.

Are you ready to do the work and elevate to greatness? The time is now.

Begin your journey to self-discovery and true empowerment.

Want to get to know yourself better and figure out what you want out of life? Shadow work prompt questions are the way to do it. I'm sharing thought-provoking questions to help you get to know yourself on a deeper level so that you can create a life you love. These are questions that help you to reflect upon who you are. It helps you tap into your thoughts and emotions. It helps you identify your strengths and weaknesses and your core beliefs and values so that you can get to know yourself better.

How to answer shadow work prompt?

Set aside time to sit and think. Remove all distractions or take yourself off somewhere quiet. Start with the questions that jump out to you the most. Allow your answers to just flow, write whatever comes to mind.

Don't be afraid of what you might discover. Give yourself permission to be honest, raw and real. If it helps, try meditating before. Sit somewhere quiet. Clear your mind and with the questions in front of you, just ponder on them with no pressure or judgement. Afterwards, write down what you can remember.

That damaged part of you that you hide from the world, it needs healing too! Learn how to heal yourself through Shadow Work.

We all carry demons inside. Shadow work is the attempt to uncover everything that we have disowned and rejected within our Shadow Selves. Our Shadow Self is our darker half, alter ego or "evil twin." It is is the "dark side" of our personality because it consists chiefly of primitive, negative human emotions and impulses like rage, envy, greed, selfishness, desire, and the striving for power.

Some of us as children are just taught that we should be quiet, timid, and rational, and therefore view these as traits that we should bury.

Every young child knows kindness, love, and generosity, but he also expresses anger, selfishness, and greed. These emotions are part of our shared humanity. But as we grow up, something happens. Traits associated with "being good" are accepted, while others associated with "being bad" are rejected. We all have basic human needs. These needs include physiological needs, safety and security needs, and needs for belonging. These needs are biological and instinctual.

As children, when we expressed certain parts of ourselves, we received negative cues from our environment. Maybe we got angry and threw a tantrum. Our parents reprimanded the outburst and sent us to our room. Or perhaps we acted boldly, playfully, spontaneously, or silly in our first-grade classroom. Our teacher shamed us for our lack of decorum in front of the class and told us to sit down. Whenever it happened and it might have happened often, it threatened one of our basic needs.

Imagine today you were dying. While you're laying on your deathbed, one parent enters the room and holds your hand as you tell them some last words in private. Write down what you would tell both your mother or your father one-on-one.

IT'S OKAY

- To make mistake
- To let go
- To say "No"
- To be less than perfect
- To do what's best for you
- To be yourself
- To take time for yourself
- To want to be alone
- If you move at your own pace
- To speak up
- To not be okay

Step 1: Choose what you want to work with. It's often easier to begin with a person with whom you have difficulty (e.g., partner, relative, boss). This person may irritate, disturb, annoy, or upset you. Or maybe you feel attracted to, obsessed with, infatuated with, or possessive about this person. Choose someone with whom you have a strong emotional charge, whether positive or negative.

Step 2: Face it: Now, imagine this person. Describe those qualities that most upset you, or the characteristics you are most attracted to using 3rd-person language (he, she, it).
Talk about them out loud or write it down in a journal.
Express your feelings. There is no need to be nice.
The person you are describing will never see this.

Step 3: Talk to it: Dialogue with this person in your imagination. Speak in the 2nd person to this person (using "you" language).

Talk directly to this person as if he or she was there. Tell them what bothers you about them. Ask them questions such as:

What wounds from my childhood need to be acknowledged and healed? E.g. Recognizing that being bullied at school as a child led to feelings of insecurity and low self-esteem.

How: Explore your childhood memories and experiences to identify any wounds that may have shaped your current beliefs and behaviors. Pay attention to unmet needs, emotional neglect, or traumatic events.

Reflect on your childhood experiences and identify any traumatic events, neglect, or abuse that may have caused emotional wounds. Address the underlying emotions and beliefs that have held you back from moving forward.

Write down something that people do that really bothers you. In one word, describe what that something is. In big letters, write "Deep down, I am [quality you don't like]!". Keep rewriting this until you feel a sensation in your body.

Write down how you believe other people see you, whether positive or negative. Next write why you believe people see you this way. Finally write whether you believe this is how others see you or if this is how you see yourself.

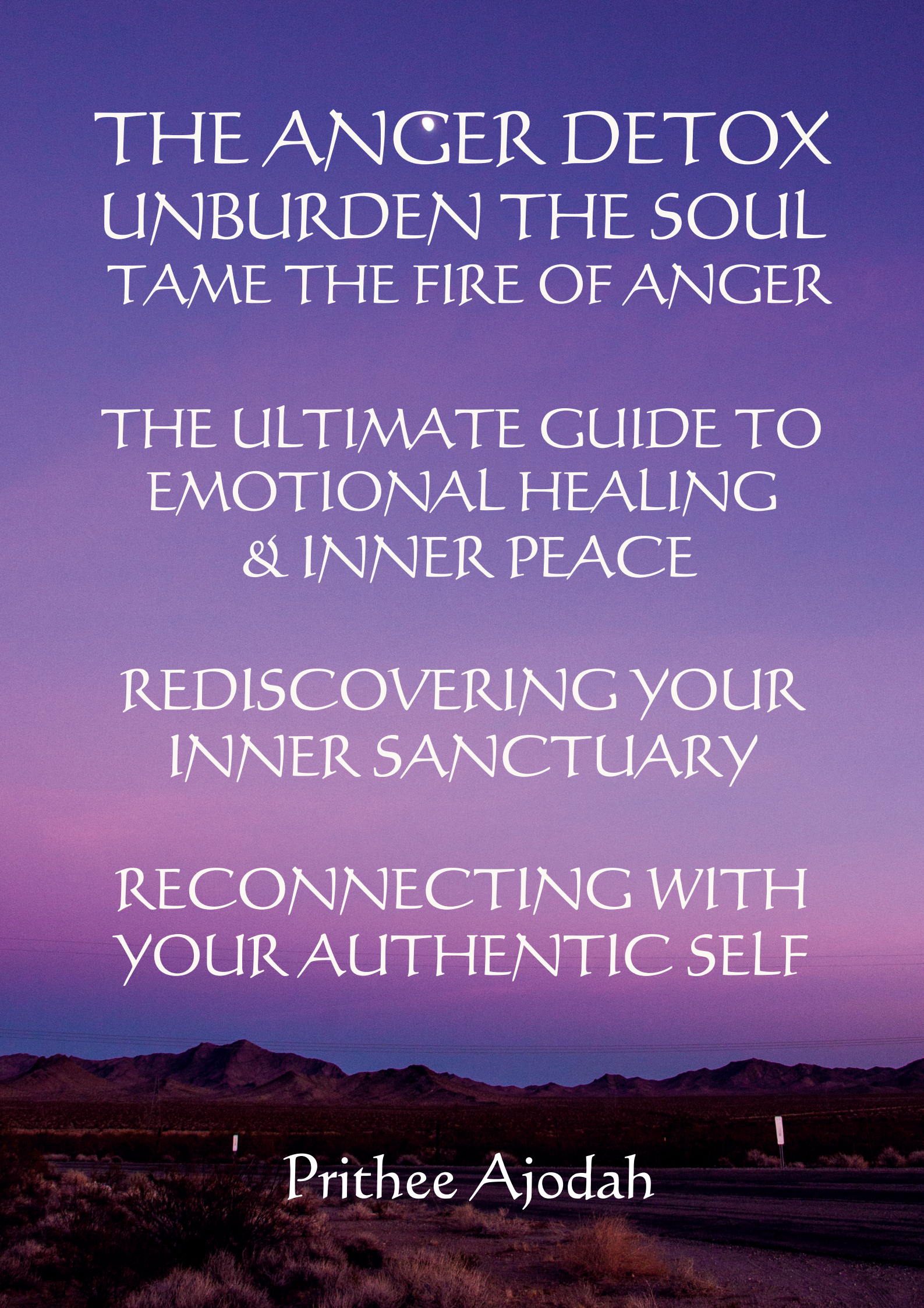
THE ANGER DETOX

UNBURDEN THE SOUL
TAME THE FIRE OF ANGER

THE ULTIMATE GUIDE TO
EMOTIONAL HEALING
& INNER PEACE

REDISCOVERING YOUR
INNER SANCTUARY

RECONNECTING WITH
YOUR AUTHENTIC SELF



Prithee Ajodah

"The Anger Detox" is a guide to reclaiming your inner strength and finding purpose. This book provides a comprehensive detoxification plan for the emotions. This transformative book guides you in purging past grievances, neutralizing negative thoughts, and nurturing positive self-talk. Learn to break through emotional barriers, forgive yourself and others, and experience the liberating joy of letting go.

This inspiring guide explores the transformational process of letting go of resentments, fostering empathy, and connecting with your true self. Through meditations, exercises, and real-life stories, you will learn to open your heart to forgiveness and experience its transformative benefits on your physical, emotional, and spiritual well-being.

Discover how to break free from the cycle of anger, foster healthy relationships, and create an inner sanctuary of peace.

Get angry super quickly and often? Can't deal with your anger very well? First of all, there's something you need to know:

Anger isn't a bad thing!

Why?

Because the feeling of anger is a signal telling you that something isn't right.

Your body wants you to listen to what's going on and to explore your inner feelings.

Maybe someone treats you badly. Or you watch the news and feel scared. Your partner doesn't have the same opinion as you. The list goes on.

All of these emotions of feeling disappointed, overwhelmed, ashamed, or guilty can turn into anger.

Before I understood this, I used to get angry all the time.

Today I want to show you how you can let go of your anger by using anger management journal prompts.

Working through anger management is all about

1. Identifying Triggers:
- What makes me feel angry?

2. Physical Manifestations:
- How does my body react when I'm angry?

3. Expressing Anger:
- Do I express my anger by words or actions?

4. Underlying Emotions:
- What other emotions do I experience when being angry?

5. Thought Patterns:
- What negative thoughts go through my mind?

6. Impact on Relationships:
- What effect does my anger have on my relationships with others?

Anger is often a symptom of unresolved wounds

In a cozy abode nestled amidst lush greenery, resided a man named Ethan, a tempestuous soul consumed by a fiery temper. Unable to tame his anger, he found solace in blaming his wife, Amelia, for his outbursts.

"It's your fault I'm so angry!" he would thunder, his words like daggers. "You always provoke me with your words and actions!"

Amelia, a gentle and loving woman, bore the brunt of Ethan's wrath with a heavy heart. She spent countless nights in tears, wondering if she was truly to blame. Their once-blissful marriage crumbled before their eyes.

One fateful day, as Ethan unleashed his fury upon Amelia once more, a wise elder from the village overheard their quarrel. Moved by compassion, the elder approached Ethan and spoke to him in a soft yet firm voice.

"My son, your anger is a poison that threatens to destroy all that is precious in your life," the elder said. "It is not Amelia who enrages you, but your own unresolved wounds from the past."

Ethan's eyes widened in surprise. He had always believed his anger stemmed from his wife's behavior. However, the elder's words planted a seed of doubt in his mind. "What

Childhood

What situations or events from childhood typically made you angry?

Example Answer: Being teased or bullied by classmates

Anger from childhood can persist into adulthood because:

It becomes ingrained: Anger patterns learned in childhood can become deeply ingrained and automatic responses to triggers.

It is reinforced: Repeatedly experiencing situations that trigger anger can reinforce the belief that anger is the only appropriate response.

It serves a purpose: For some, anger may become a coping mechanism to deal with difficult emotions or to protect themselves from being hurt.

Unexpressed anger: When children are not allowed to express their anger in a healthy way, they may suppress it. This can lead to anger building up over time and eventually exploding in adulthood.

Unresolved trauma: Childhood trauma can lead to anger that is unresolved. This anger can manifest in adulthood as difficulty managing emotions, relationship problems, and difficulty trusting others.

Identify the trigger: Pinpoint the specific event or person that triggered your anger. What might be the reasons anger might arise back in childhood and how to challenge the negative thoughts and reframe them in an empowering way

To pinpoint the specific trigger for your anger, consider the following:

Immediate Antecedent: What happened immediately before you felt angry?

People Involved: Who was present when you experienced anger?

Context: Where and when did the event take place?

Behavior of Others: How did others behave towards you?

Your Thoughts: What thoughts were going through your mind at the time?

The Storyteller Within Thriving Through Adversity & Finding Hope in the Darkness

Inspirational stories of people who found their inner strength by learning to rely on their inner resources and finding self-acceptance and love within them.

Prithee Ajodah

This book is a unique and authentic collection of real-life stories of people who have battled anxiety, fear, anger, depression, cancer & any traumatic event in their life, . It offers a window into the struggles, coping mechanisms, and the day-to-day lives of those who are living with this mental illness.

The stories are thoughtfully crafted to create insight into the lived experiences of those struggling, while also offering inspiration and hope to those who may be experiencing similar challenges.

It is a powerful tool for anyone who is looking to understand the complexities of depression. By sharing personal accounts of overcoming adversity, it helps to break down the stigma surrounding mental illness and encourages empathy and understanding.

It highlights the notion that stories are not just tales we tell but windows into our own inner world. By examining the stories we tell ourselves and others, we can gain a profound understanding of our values, beliefs, and experiences.

Through this self-reflection, we become more aware of our own strengths, weaknesses, and desires, allowing us to navigate life with greater purpose and clarity. It also serves as a reminder of the importance of seeking help and the many different paths to recovery.

Whether you are a mental health professional seeking toimproveo your understanding of depression, or someone who is struggling with the illness yourself, this book is an indispensable resource. It provides a powerful message of hope and resilience, and proves that even in the darkest of times, there is always a way forward.

Life is unpredictable, we never know what happens next. It's easy to get caught up in the petty and small things in our everyday life, our ego, power, wealth, and prestige. But are these things worth fighting for? We sometimes lose sight of what's really important in our lives. When we focus on the little things, we miss the vast beauty and purpose of life.

Life is too short, and before we know it, it can end, leaving us with nothing but regret. Life is much more profound than these small things. Why not make the most of every moment we have with our loved ones, who are alive right now? Show them how much you love them, appreciate them, and value them.

Don't wait until it's too late to tell them how much you care. Let us not live with regrets. Take this moment to mend broken relationships, reconnect with estranged friends, and tell your loved ones how you feel about them.

Life is precious, and we must cherish every moment. Let's spend time with our loved ones, show them how much they mean to us, and live our lives to the fullest, with no regrets. Do not let your failures hold you back. They are simply stepping stones towards your success. It's okay to cry and feel defeated, but don't let that be your defining moment. Believe in yourself and your abilities. Trust the process and keep fighting towards your dreams.

The road may be long and bumpy, but the destination is worth it. Never forget to keep dreaming, believing, and pushing yourself to be the best version of yourself. You are capable of achieving greatness, so never give up!

Honor the time you've been gifted

Once upon a time in a small village, there lived a young girl named Maya. She had immeasurable dreams that stretched far beyond the horizon. Maya believed in the power of living each moment with love and gratitude, for she understood the fragility of time and the preciousness of life.

One sunny morning, Maya woke up feeling an unexplained melancholy. It clung to her heart, whispering a message she couldn't fully comprehend. Ignoring her confusion, she went about her day like any other, pursuing her mundane routine. Days turned into weeks, and weeks into months, and the heaviness within her soul grew stronger.

One moonlit night, as she lay awake contemplating her purpose, a gentle voice seemed to seep through her window, carrying a tale of love, loss, and redemption. Maya followed the enchanting voice into the starlit forest, where a wise old woman awaited her.

"Child, why do you hold your dreams at arm's length and postpone living the life you desire?" the old woman asked, her eyes filled with wisdom.
Confused, Maya questioned, "How do you know my heart, dear elder?"

The wise old woman smiled gently and began her tale. "Long ago, there lived a man named Samuel in this very village. His

years were dimmed by the daily struggle to survive, and he postponed joy for when he would be successful. Samuel toiled endlessly, neglecting the beauty that surrounded him."

"Years passed and Samuel's heart hardened, as he lost loved ones and experienced unimaginable heartbreak. On a cold and starless night, as he lay on his deathbed, Samuel whispered, 'If only I had known that the key to life is embracing each moment, regardless of its outcome, I would have lived differently.'"
Maya's eyes welled up with tears, her soul resonating with the tale. "But what can I do now? I don't want to reach the end of my journey with regrets," she sobbed.

The wise old woman took Maya's hands in hers, her touch radiating warmth. "Maya, the power lies within you to rewrite your story. Each moment is a gift, a chance to create a legacy of love and passion. Embrace the beauty in your dreams, for they hold the essence of who you are."

With newfound courage, Maya returned to her village. She danced with wild abandon beneath the moonlit sky, painted vibrant colors on dull canvases, and sang songs from her heart that touched the souls of those who listened. She embraced every fleeting moment that life gifted her, refusing to postpone happiness any longer.

As the seasons changed, her radiant spirit became infectious. The villagers, inspired by Maya's transformation, re-evaluated

their lives and began to find joy in the simplest of moments. Laughter permeated the air, love blossomed like wildflowers, and dreams found wings. Maya's tale spread far and wide, like whispers carried by the wind. People across the world started to reflect on their own lives, realizing they had been prisoners of regret and suffering. They began living authentically, herishing each precious moment, forgiving old wounds, and pursuing their deepest desires.

So, my dear friend, let us learn from Maya's story. Let us not wait for tragedy to shake us awake, but instead, let us embrace the miracle of each moment, for it is through this simple choice that lives are transformed.

May we honor the time we've been gifted, may we hold our dreams close, and may we walk this beautiful journey with hearts filled with love, gratitude, and a willingness to live fully until the very last breath.

Don't wait for a wake-up call to appreciate the beauty of life. Embrace each moment as a gift and watch as your world transforms before your eyes.

It is in the small, everyday choices to savor the present that true change and growth occur. Let's choose to live fully and mindfully in each moment. The power to transform our lives lies in our hands. By choosing to be fully present and grateful for each moment, we are paving the way for a brighter, more fulfilling future.

The True Meaning of Wealth

In the tapestry of life, Mary relentlessly pursued the elusive thread of financial success, convinced that the accumulation of riches held the key to happiness. With a tireless determination, she chased numbers, calculated investments, and watched with anticipation as her wealth grew exponentially.

However, fate had a cruel twist in store for Mary. A sudden and devastating financial crisis erased her fortune in an instant, leaving her with nothing but a shattered dream. As she stood amidst the ruins of her material world, a profound realization dawned upon her.

True wealth, she discovered, was not measured in currency or possessions. It was not a tangible asset that could be held in her hand or displayed in her home. Instead, it was a treasure that resided within her heart, a treasure that grew only when shared, when kindness and compassion were poured out into the world. With newfound understanding, Mary embarked on a transformative journey. She shed the trappings of wealth and turned her attention towards her community. She volunteered at a local soup kitchen, offering solace and nourishment to those in need. She mentored underprivileged children, igniting their dreams and inspiring them to reach for a brighter future.

In the act of giving, Mary discovered a profound truth. True

wealth was not something to be hoarded or possessed. It was a radiant force that multiplied when it was shared, a force that illuminated the lives of others and brought immeasurable joy to her own.

Through her selfless actions, Mary ignited a chain reaction of kindness that spread throughout her community. The soup kitchen expanded its services, providing hope and dignity to an ever-growing number of people. The children she mentored flourished, their newfound confidence propelling them towards success and fulfillment.

As the years passed, Mary's true wealth grew exponentially, not in monetary terms, but in the immeasurable value of the lives she touched. She realized that the greatest treasure she could possess was the love and gratitude of those around her. In the end, Mary's legacy was not measured by her bank balance or her material possessions. It was measured by the countless hearts she had mended, the dreams she had ignited, and the unyielding spirit she had instilled in others.

Moral of the Story: True wealth is not found in material possessions or financial success. It is found in the richness of our experiences, the depth of our relationships, and the positive impact we make on the world. By embracing the power of giving and kindness, we unlock the true treasure within us and create a legacy that will endure long after we are gone.

The Power of Resilience

In a small town, there lived a young girl named Sarah. She had dreams as big as the sky and a heart full of hope. But life was not kind to Sarah. She faced heartbreak after heartbreak, with every dream shattered and every hope crushed.

Despite the pain and tears, Sarah never lost her resilience. She refused to be defeated by the struggles that came her way. Instead, she turned them into stepping stones towards her dreams.

One day, Sarah faced the biggest heartbreak of all. She lost someone she loved dearly, someone who meant the world to her. The pain was too much to bear, and it felt like her entire world had crumbled around her.

But instead of giving up, Sarah chose to rise from the ashes like a phoenix. She channeled her grief into fuel for her dreams, determined to turn her pain into purpose.

Through sheer determination and unwavering resilience, Sarah overcame every obstacle in her path. She turned her heartbreak into a story of triumph, inspiring others with her strength and courage.

As Sarah stood on the brink of her dreams, she realized the true power of resilience. It was in the moments of heartbreak and despair that she found her inner strength and unwavering determination.

The lesson in Sarah's story is simple yet profound: no matter how many times life knocks you down, always get back up. Embrace the pain, but never let it define you. Find the strength within you to rise above the challenges and turn your heartbreak into a story of resilience.

So, let Sarah's story be a reminder that even in the darkest of times, there is always hope. Let her journey inspire you to never give up on your dreams, no matter how tough the road may be. And remember, it is in the moments of heartbreak and resilience that we truly discover the power within us to shine bright like a beacon of hope in the darkness.

Strength and resilience are built through overcoming challenges, so keep pushing through no matter how difficult it may seem. Every setback is an opportunity to learn and grow stronger, so embrace the obstacles and use them to your advantage. The most powerful weapon you have is your ability to persevere, so never give up on yourself or your dreams.

Always remember that tomorrow is a new day full of possibilities, so keep moving forward with determination and courage. Believe in yourself and your ability to overcome any obstacle that comes your way, for you are stronger than you think. Life's challenges are meant to test your strength and character, so face them head on and show the world what you are made of. Never let the fear of failure hold you back from chasing your dreams, for it is in moments of defeat that true growth and success are born. Always remember that you have the power within you to overcome any adversity, so keep getting back up and never stop fighting for what you believe in.

The Mirror of Worth

There was a young girl named Lily who never felt like she was good enough. No matter how hard she tried, she always found herself comparing herself to others and feeling like she didn't measure up. It seemed like everyone around her was better, prettier, smarter, and more talented than she was.

One day, while attending a school talent show, Lily watched in awe as her classmates showcased their incredible talents. She couldn't help but feel envious of their abilities and wished she could be as talented as they were. When the show ended, Lily found herself standing in front of a mirror backstage, tears welling up in her eyes.

As she stared at her reflection, a voice spoke to her softly. "Why do you compare yourself to others, dear Lily?" it asked. Startled, she turned around but found no one there. The voice continued, "You are unique and special in your own way. You have gifts and talents that are waiting to be discovered. But you will never see them if you keep focusing on what you lack."

Lily wiped away her tears and gazed at her reflection once more. In that moment, she saw herself in a different light. She saw a girl who was kind, compassionate, and full of potential. She realized that her worth was not determined by how she stacked up against others but by how she viewed herself.
From that day on, Lily made a conscious effort to embrace her uniqueness and celebrate her strengths. She stopped comparing herself to others and started focusing on her own journey of self-

discovery. As she did, she found that her confidence grew, and she began to shine in ways she never thought possible.

The moral of the story is that we all forget our worth when we're not feeling "good enough." But it's essential to remember that our value doesn't come from external validation or comparison to others. True worth comes from within, from accepting and loving ourselves for who we are. When we can see ourselves through a lens of self-compassion and appreciation, we can unlock our full potential and live our lives to the fullest.

You are more than enough just as you are, don't let self-doubt hold you back. Your worth is not defined by the opinions of others. Let go of the idea that you need to be perfect to be loved and accepted.

Embrace your flaws and imperfections, they make you unique and beautiful. Remember, comparison is the thief of joy – focus on your own journey and growth. Release the burden of trying to please everyone, you are not responsible for their happiness.
Trust in yourself and your abilities, you are capable of achieving great things. Believe in your worth and value, you deserve all the love and success in the world. Let go of the fear of failure, it is simply a stepping stone on the path to success. Embrace a mindset of self-love and acceptance, and watch how your life transforms for the better.

Let go of limiting beliefs and live their best lives.

Once upon a time, in a small, peaceful town, there lived a young woman named Emily. Emily was intelligent, kind-hearted, and incredibly talented. She had dreams and aspirations as big as the sky, but she constantly found herself held back by her own limiting beliefs.

Emily had a passion for art, and her paintings were full of color, emotion, and life. She dreamed of showcasing her art in galleries around the world and making a significant impact with her talent. However, every time she stood on the precipice of success, her self-doubt would whisper in her ear, reminding her of all the reasons why she couldn't achieve her dreams.

She would think, "I'm not talented enough," or "Nobody will appreciate my art," or even worse, "Who am I to think I can make a difference?" These self-defeating thoughts echoed in her mind, poisoning her potential and crippling her self-esteem.

As days turned into weeks, and weeks into months, Emily's dream remained just that – a dream. She started to lose hope, convinced that her talents would forever go unnoticed. Until one day, a mysterious woman named Clara arrived in town. Clara was wise beyond her years, with a captivating energy that drew people in. Word quickly spread about her ability to inspire and motivate others to overcome their fears and pursue

their dreams relentlessly. Intrigued, Emily decided to attend one of Clara's motivational speaking events, hoping to find a glimmer of hope for her own seemingly unattainable dreams.

The moment Clara stepped onto the stage, Emily felt an electric surge of inspiration. Clara shared her personal journey, the obstacles she had overcome, and the limiting beliefs she had triumphantly left behind. Her words resonated with Emily on a deep, soulful level.

"Girl, wash your face!" Clara exclaimed boldly, capturing the attention of everyone in the room. She continued, "Stop letting those self-imposed doubts define you. Stop believing the lies that hold you back from living your best life."

Emily felt tears streaming down her face, a mixture of relief and hope washing over her. Clara's words broke through the walls of self-doubt that had been suffocating her for so long. She no longer felt alone in her struggle; she knew that she had the power to reclaim her dreams.

From that day forward, Emily committed to washing her face every morning, both literally and metaphorically. She confronted her limiting beliefs head-on and replaced them with empowering thoughts. Instead of "I'm not talented enough," she declared, "My unique perspective is a gift to the world." She transformed "Nobody will appreciate my art" into "My art has the power to touch hearts and ignite change." And she banished "Who am I to think I can make a difference?" in

favor of "I have an incredible potential to make a lasting impact. With her newfound spirit, Emily immersed herself in her art like never before. She painted untiringly, pouring her heart and soul into each brushstroke. Slowly but surely, her confidence grew, and the world started taking notice. Galleries were captivated by her paintings and began clamoring for exhibitions. People from all walks of life were moved by the messages her art conveyed.

Emily's life had transformed, not just because of her artistic success but because she had learned to put her limiting beliefs to rest. She realized that the only person holding her back was herself. With Clara's guidance echoing in her mind, she refused to let self-doubt dictate her path any longer.

Emily's story serves as a reminder to us all – wash your face and let go of those limiting beliefs.

Our dreams are not meant to be kept hidden and untapped. We all possess unique talents and unlimited potential. It is up to us to believe in ourselves and fearlessly chase after our dreams.

So, my dear friends, let's wash our faces and face our fears head-on. Let's silence the negative voices, both internal and external, and embrace the power that lies within us. For when we do, we unleash our true potential and live our best, most extraordinary lives.

MY SELF LOVE JOURNAL

A NEW DAWN, A NEW BEGINNING

365 DAILY GOALS CHALLENGE

BREAK FREE FROM LIMITATIONS
DISCOVER YOUR INNER STRENGTHS
ELEVATE YOUR WELL-BEING & SELF CONFIDENCE
BOOST YOUR MOTIVATION & DRIVE TO TAKE ACTION
ACHIEVE UNSTOPPABLE & REMARKABLE SUCCESS
CREATE A LIFE OF LIMITLESS POSSIBILITIES
SOAR TO PHENOMENAL HEIGHTS

EMBARK ON A JOURNEY WITH THIS DAILY LIFE CHANGING BLUEPRINT TO UNLEASH SELF-LOVE, EMBRACE FORGIVENESS & LIVE YOUR DESIRED LIFE & AMBITIONS

PRITHEE AJODAH

How to use this journal

A journal is personal and should be a place you feel comfortable expressing yourself honestly and truthfully. Before you start writing, go to a quiet place and focus on nothing but your breath for a few minutes. This is a wonderful exercise to clear your head and settle your thoughts.

Your journal is for your eyes only, so be honest, you do not want to lie to yourself. Be real with your thoughts, feelings, opinions and ideas. Be as candid as you can. You want your journal to be an honest representation of yourself and your personal thoughts at the time of writing.

This journal introduces and inspires yourself to keep a journal and develop important life habits. If you feel creative, there is no need to write in the journal itself , rather use its contents as an inspiration to craft your own personal journal. You can doodle or write in the margins if a thought comes to mind. Parents can help their children to rewrite or redesign the tasks and exercises and expand the checklists into weekly or monthly charts. Do not restrain yourself. just let your imagination flow.

MORNING AFFIRMATIONS

I am capable, strong & ready to take on the day.

Today, I choose joy, peace & positivity in all I do.

I radiate confidence, love & kindness in all interactions.

I am in control of my thoughts, emotions & actions today.

I have everything I need to succeed within me.

I welcome positivity into my life today and always.

My mind is clear, my heart is open & I am ready to embrace the day.

I am resilient & I embrace challenges as opportunities for growth.

Choose or create an affirmation that resonates deeply with you and reflects the mindset or attitude you wish to embody throughout your day. Repeat it to yourself as part of your morning routine, perhaps during meditation, while getting ready, or whenever it feels most effective for you. This repetition can help focus your mind and set a positive intention for the day ahead.

MY THOUGHT RECORD

A cognitive-behavioural strategy to capture & identify negative thoughts

EVENT What happened?

FEELINGS How did it make me feel?

THOUGHTS What was I telling myself when the event was happening?

BEHAVIOUR What was my response to the situation?

SUPPORTIVE EVIDENCE
Why is my thought true?

NON-SUPPORTIVE EVIDENCE
Why might it be untrue?

HABIT TRACKER

WEEK 1

	MO	TU	WE	TH	FR	SA	SU
	☐	☐	☐	☐	☐	☐	☐
	☐	☐	☐	☐	☐	☐	☐
	☐	☐	☐	☐	☐	☐	☐
	☐	☐	☐	☐	☐	☐	☐

WEEK 2

	MO	TU	WE	TH	FR	SA	SU
	☐	☐	☐	☐	☐	☐	☐
	☐	☐	☐	☐	☐	☐	☐
	☐	☐	☐	☐	☐	☐	☐
	☐	☐	☐	☐	☐	☐	☐

WEEK 3

	MO	TU	WE	TH	FR	SA	SU
	☐	☐	☐	☐	☐	☐	☐
	☐	☐	☐	☐	☐	☐	☐
	☐	☐	☐	☐	☐	☐	☐
	☐	☐	☐	☐	☐	☐	☐

WEEK 4

	MO	TU	WE	TH	FR	SA	SU
	☐	☐	☐	☐	☐	☐	☐
	☐	☐	☐	☐	☐	☐	☐
	☐	☐	☐	☐	☐	☐	☐
	☐	☐	☐	☐	☐	☐	☐

Self Love Affirmations

I am deserving of healthy, loving relationships in my life.

I choose to let go of any toxic people or situations that don't serve my highest good.

I am proud of who I am and the progress I have made on my self-love journey.

I release any shame or guilt from the past and allow myself to move forward with grace.

I am responsible for my own happiness and make choices that align with my authentic self.

I trust in the divine timing of my life and know that everything happens for a reason.

I am capable of creating a life full of love, joy and fulfillment.

I am a unique and valuable individual who brings something special to the world.

I let go of the need to please others and embrace my own desires and passions.

I am deserving of love and respect from others, and I attract loving and respectful relationships.

I release any negative self-talk and replace it with empowering and loving affirmation.

I let go of the need to please others and embrace my own desires and passions.

Name: Date:

My Daily Emotions Log

Choose two words from the list to describe how you feel today. Can't find your emotions there? Feel free to use other words.

I think these feelings are:

- ◯ both positive
- ◯ positive and negative
- ◯ negative and positive
- ◯ both negative

I feel this way because _____

_____

_____

_____

_____

What can cheer you up or help you stay happy today? Write or Draw them below.

EMOTIONS LIST

angry
annoyed
anxious
ashamed
brave
calm
cheerful
chill
confused
discouraged
disgusted
distracted
embarrassed
excited
friendly
guilty
happy
hopeful
jealous
lonely
loved
nervous
offended
scared
thoughtful
tired
uncomfortable
unsure
worried

Self love means valuing and respecting yourself.
It is important because it helps you feel good about
who you are and greatly boosts your confidence.
It is not selfish, but actually necessary in order to
love and care for others. Self love is not about being
arrogant or ignoring problems, but about becoming
a better version of yourself.

When you love yourself, life becomes easier and more
stable because you rely less on others for happiness.
You also become less affected by negative things
happening around you.

Love is very important and the ability to love yourself
and others is what truly matters in life.
Finding yourself is about discovering who you truly
are without the influence of society's expectations.
This process involves letting go of false beliefs and
behaviors that were taught to us as children.

Although, it can be challenging to reconnect with
ourselves in today's technology-driven world where we
are constantly distracted by external information,
it is possible to redefine yourself.

How to FIND *the* self?

There is a defined path to find the self, though the process requires application and discipline. Many people are swift to dismiss Eastern methods as outdated, unusual, and unworkable.

To proceed with finding Self, you will need:

THE ABILITY TO LEAVE BEHIND DISTRACTIONS

A SILENT AND SERENE LOCATION

THE ABILITY TO MEDITATE ON YOUR HEART CHAKRA

THE ABILITY TO LOOK WITHIN

Embrace the journey of self-realization. It starts by daring to step outside your comfort zone and engaging with the unknown. Look deep within yourself and discover your passions, dreams and true desires. Acknowledge your strengths and acknowledge your weaknesses, for in them lies the opportunity to grow and evolve.

Break free from the chains of self-doubt and fear, and instead, embrace the power of self-belief. Believe in your abilities, believe in your potential, and believe that you are capable of achieving greatness. Choose the mindset of success and let go of any limiting beliefs that have been holding you back.

Be open to the process of self-discovery, as it is through exploration that you will uncover the true essence of who you are.

Dive into new experiences, learn from failures, and let them redefine you into a stronger version of yourself.

Embrace the power of self-care, nourishing your mind, body and soul. Prioritize your well-being, practice daily gratitude and surround yourself with positivity. The path to finding oneself is paved with self-love and self-care.

Welcome the lessons that life presents, both the triumphs and the setbacks. Understand that each experience serves a purpose and provides an opportunity for growth. Understand the concept of continuous learning and never stop seeking knowledge.

Embrace the power of perseverance. Stay determined in the face of challenges, for it is during the toughest moments that your true character is tested. Trust in your resilience and let it guide you towards your true self.

Surround yourself with like-minded individuals who uplift and support you on your journey.

Acknowledge the fact that finding oneself is not a destination, but rather an ongoing process. Accept the ever-evolving nature of life and allow yourself to adapt and evolve alongside it.

Remember, the power to find your true self lies within you. Embrace the journey, embrace the challenges and embrace the incredible person you are becoming. You have the power to create a life filled with purpose, fulfillment and joy. Embrace it all, for your journey awaits.

Self Esteem Journal

Week _____

MON	Something I did well today... Today I had fun when... I felt proud when...
TUE	Today I accomplished... I had a positive experience with... Something I did for someone...
WED	I felt good about myself when... I was proud of someone else... Today was interesting because...
THU	Something I did well today... Today I had fun when... I felt proud when...
FRI	Today I accomplished... I had a positive experience with... Something I did for someone...
SAT	I felt good about myself when... I was proud of someone else... Today was interesting because...
SUN	Something I did well today... Today I had fun when... I felt proud when...

The Daily Mindfulness Journal

To Transform your Life from the Inside out & Unlock Your Limitless Potential for a Balanced Life

Prithee Ajodah

Daily Journal of Mindfulness

Embrace the power of present moment awareness with the "Daily Journal of Mindfulness." This guided journal invites you on a transformative journey to cultivate mental clarity, emotional balance, and inner peace.

Each day, you'll embark on prompts designed to enhance mindfulness in various aspects of your life. Reflect on your thoughts, feelings, and experiences, identifying patterns and fostering self-awareness. Through daily observations and mindful exercises, you'll develop a deeper understanding of your mind and cultivate a sense of gratitude and connection.

With beautifully designed pages and ample space for journaling, the "Daily Journal of Mindfulness" serves as a sanctuary where you can record your insights, track your progress, and find moments of stillness. Whether you're a seasoned practitioner or just beginning your mindfulness journey, this journal is your guide to cultivating a life filled with clarity, resilience, and well-being.

WEEK:

DAY:

MY DAILY PLANNER

I CAN
& I WILL

TODAYS GOALS

TODAYS APPOINTMENT

TIME EVENT

WHAT DID I LEARN TODAY?

WHAT INSPIRED ME TODAY?

MOOD

MEAL TRACKER

BREAKFAST

LUNCH

DINNER

SNACKS

HOURS OF SLEEP (Hours)

THINGS TO GET DONE TODAY

REMINDER

EXERCISE

TOTAL MINUTES OR STEPS:

VITAMIN/SUPPLEMENT

WATER INTAKE

TOTAL

MEDITATION:

BREATHING:

MONEY TRACKER

MONEY IN FROM

MONEY OUT FOR

TODAY I AM GRATEFUL FOR

THINGS THAT MADE ME HAPPY TODAY

The Daily Good Habit Revolution

in 365 Days to a Better, Healthier, Happier You One Day at a Time

A Guided Journal for Personal Growth and Transformation

Reclaim Your Inner Strength

Discover Your True Calling and Turn Your Dreams into Reality

Prithee Ajodah

Unleash a year-long revolution that empowers you to reclaim your inner strength. Discover the transformative power of daily habits, igniting a journey towards a healthier, happier, and more fulfilling life.

This guided journal meticulously guides you through 365 days of positive habit-building, empowering you to break free from limitations and create lasting change

Kickstart your year with the power of positivity! Learn the secrets of reframing your thoughts, cultivating gratitude, and creating a mindset that attracts success.

Embark on a journey of transformation as you witness the extraordinary impact of a positive outlook on your physical, mental, and emotional well-being.

Step into the new year with a fresh perspective and unlock the potential for a healthy, peaceful, and successful life.

Monthly Habits Tracker

Jan Feb Mar Apr May Jun Jul Aug Sep Oct Nov Dec

HABIT

	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31

MOOD

A.M.																															
P.M.																															

My Self-care Checklist

Tasks	Su	Mo	Tu	We	Th	Fr	Sa
Wake up at 6am	☑	☐	☐	☐	☐	☐	☐
Meditate for 10 min	☐	☐	☐	☐	☐	☐	☐
Deep breathing 5mins	☐	☐	☐	☐	☐	☐	☐
Listen to audiobook	☐	☐	☐	☐	☐	☐	☐
Read something meaningful	☐	☐	☐	☐	☐	☐	☐
Drink water 8 glasses per day	☐	☐	☐	☐	☐	☐	☐
Do Yoga or Walk for at least 20 min	☐	☐	☐	☐	☐	☐	☐
Journal for 15 min	☐	☐	☐	☐	☐	☐	☐
Get some fresh air & enjoy some sunshine	☐	☐	☐	☐	☐	☐	☐
Healthy diet	☐	☐	☐	☐	☐	☐	☐
Take vitamins	☐	☐	☐	☐	☐	☐	☐
Hot/Cold shower	☐	☐	☐	☐	☐	☐	☐
Unplug for a while & Meditate	☐	☐	☐	☐	☐	☐	☐
Get in bed before 10pm	☐	☐	☐	☐	☐	☐	☐

30 DAYS CHALLENGE

habit tracker

GOAL:

(Tick off as you complete the goal each day)

1	2	3	4	5	6	7	8	9	10
11	12	13	14	15	16	17	18	19	20
21	22	23	24	25	26	27	28	29	30

REFLECTION NOTES:

REMINDER FOR MYSELF:

MONTHLY BUDGET PLANNER

Budget Goal: _____ Month: _____

Income

Date	Description	Amount
Total		

Fixed Expenses

Date	Description	Amount
Total		

Other Expenses

Date	Description	Amount
Total		

Bills

Date	Description	Amount
Total		

Recap

	Goal	Actual	Difference
Earnt			
Spent			
Debt			
Saved			

MONTHLY GOALS

- [ ]
- [ ]
- [ ]
- [ ]
- [ ]
- [ ]
- [ ]
- [ ]

JOURNALING PAGE

1. What is the story I've been telling myself?

2. Where did this story originate from?

3. What stories am I still holding onto that I need to let go of?

4.Who benefits from me holding onto this story?

5. What would it be like to let go of this story?

TO DO LIST

MONTH

DATE

TO DO

PRIORITIES

NOTES

REMINDER

MONTHLY REFLECTION JOURNAL

DATE: TIME:

Monthly Wins

How does it make me feel?

Challenges

How can I improve it?

Accomplished Goals

Unaccomplished Goals

Goals Next Month

Habits Retained

Habits Eliminated

New Habits Developed

3 things that I am most grateful for this month:

One life lesson I learned this month:

One word that best describes this month:

How will you rate this month?

Unleashing the Supernova Within Awaken Your Inner Warrior and Embrace Limitless Power

Loaded with Inspirational Thought-Provoking Quotes and Empowering Insights to Fuel Limitless Strength and Overcome Adversity.

Prithee Ajodah

This motivational book is a unique guide that provides daily inspiration and guidance for readers.

With its innovative approach, you won't have to read through endless pages or follow a strict outline, simply open a random page and discover a message from the universe to help you focus on making the most of your day. This book is filled with positive affirmations, inspiring quotes, and thoughtful messages that will help you find motivation, clarity and direction.

Whether you are looking for a boost of confidence or just need to center your thoughts, this book will be your go-to guide to help you navigate life's ups and downs.

With its easy-to-use format and uplifting messages, this book is the perfect companion for anyone looking to add more positivity and motivation to their daily routine.

You, Yes You.

You have the strength within you to overcome any challenge.

You are capable of greatness. Believe in yourself and your abilities.

You have the potential to achieve whatever you set your mind to.

You are stronger than you think. Don't give up on yourself.

You are worthy of happiness and success.

You can make a difference in the world.

You are not alone. There are people who care
about you and want to help.

You can learn from your mistakes and grow from them.

You have the power to make positive changes in your life.
You are amazing. Never forget that.

www.pritheelux.com

I want to remind you today that you are
one-of-a-kind, unique, and special in your own way.

Celebrate your differences, embrace your
quirks, and use them as strengths.
Don't fall prey to the societal norms that try to
tame your individuality. Embody your uniqueness
and let it shine like a beacon of light
in a world full of sameness.
You have a unique combination of talents, skills,
and experiences that make you incredibly special.
Don't let anyone tell you otherwise.
Dare to stand out, be true to yourself, and be
proud of who you are. Because the world needs
the brilliance that only you can offer.
Be unique, be yourself, be unstoppable!

Each and every one of us has the power
within us to affect change. Too often
we focus on changing those around us,
but we forget the most important
person to change is ourselves.

Change yourself before it's too late.

Change the way you think, act, and react.
Change the path that you are on.
Only after we have changed ourselves can
we inspire change in the world around us.

Have you ever felt the weight of emptiness,
the hollow feeling that consumes your every thought?
It's like being lost in a maze, searching for purpose
and direction. But let me tell you, my friend, that
emptiness is not a dead end, it's a wake-up call.

It's the universe urging you to dig deeper,
to discover who you truly are and
what you truly want.

So don't surrender to the void.

Embrace it, explore it, and let it fuel
your journey towards fulfillment.

We all have aspirations, goals, and dreams.
But many of us let them slip away because of fear,
doubt, or lack of motivation. Well, I am here to tell
you that your dreams are worth fighting for.
Your happiness is worth fighting for.

I want you to make a promise to yourself.
A promise to never give up on what sets
your heart and soul on fire.

A promise to never let fear dictate your decisions.
A promise to never settle for less than you deserve.

Your time on this earth is limited, make the most of
it. Look back on your life and think, "I tried,
I fought, I gave it my all." After this, I
guarantee you will change how you do everything.

www.pritheelux.com

We all have moments when we feel like our bodies and minds are slaves to the mundane, to the expectations of others, to the chains of routine. But let me ask you this, if the world were to end tomorrow, would you regret not living your life to the fullest?

Would you regret not pursuing your passions, not taking risks, not experiencing all the beauty and wonder this world has to offer? Don't wait for a tragedy to remind you of your mortality.

Seize the day, embrace the unknown, and never forget that you are the captain of your own ship.

Change Your Mindset, Change Your World

You may not realize it, but your mindset
is one of the most powerful weapons you possess.
It has the ability to shape not
only your thoughts and emotions, but
also your entire world and everything in it.

Don't let limiting beliefs or negative
self-talk hold you back.
Reprogram your mind to focus on the positive,
to embrace challenges as opportunities,
and to believe in your own potential.
Once you do, there is nothing you can't achieve.

Mistakes are not failures.

They are opportunities to learn and grow.

Don't be ashamed of your mistakes.

Own them, learn from them, and move forward.

You are not defined by your mistakes, but
by how you rise after falling.

So, let us embrace our imperfections and
put them to work in our favor.

The Truth Shall Set You Free, but First It Will Piss You Off

Embracing your true self may require confronting uncomfortable truths and challenging societal expectations.

However, the ultimate reward of authenticity and liberation far outweighs the initial resistance.

You are exactly where you
need to be right now.

The obstacles in your path are not
there to hold you back, but to push
you forward and help you grow.

Trust the journey and have
faith that everything will fall
into place in the right time.

BELIEVE IN THE LIGHT WITHIN

MOTIVATIONAL BOOK

Prithee Ajodah

Believe In the Light Within

Believe In the Light Within – A 200 pages Motivational Book loaded with Powerful Quotes, Affirmations & Stories

Description:

Ignite the fire within you and chase your wildest dreams with this motivational masterpiece. Find the courage and inspiration to pursue your passions, overcome challenges, and embrace personal growth. Unleash the power of self-belief and unlock your full potential.

Benefits:

- Gain clarity on your life purpose and goals.
- Boost your confidence and self-esteem.
- Overcome self-doubt and fear of failure.
- Discover practical strategies for success and fulfillment.
- Develop a resilient and positive mindset.
- Freedom from negative thoughts, stress, restless sleep, and worry.
- Help you become the best version of yourself.
- Instantly lifts mood and motivation when feeling down.

Believe In the Light Within is a captivating book that guides you on a transformative journey of self-discovery and personal growth. With uplifting affirmations, inspiring quotes, and motivational stories, this book helps you unlock your immense potential and embrace your inner radiance.

Say goodbye to negativity and hello to positivity, elevating yourself to new heights.

It is a companion to bring the smile back whenever you are feeling down and unmotivated. It reminds us that ANYTHING IS POSSIBLE

when people believe in their work & in one another. It brings forth the greatness within each one of us.

- **You find yourself feeling lost, stuck in uncertainty, paralyzed by doubt, consumed by anxiety, or burdened by stress, simply open any random page in this motivational book and your will get exactly what you need to hear from the universe for that specific time.**

- **Drawn by the cosmic forces that guide us all, the Universe offers a divine message tailored to your exact moment of need and watch as the universe whispers its wisdom directly into your eager heart, shattering walls of despair and ushering in a new era of relentless determination.**

This book is a friend to help you confront anything blocking your path to success. It is a guide to free yourself from agitated negative thoughts, energy draining stress, restless sleep & endless worrying.

Its pages have numerous UPLIFTING & ENCOURAGING QUOTES. It is a wonderful GIFT to give to someone who is in transition, questioning their worth but looking for direction & INSPIRATION.

This book is the result of several years of study & experience whilst helping my clients. It is a guide for everyone who want to move & be the best version of themselves. Makes a Heartfelt Present For Birthdays.

As a thoughtful gift for your child, grandchild, niece or nephew, this book is a sure-fireway to help your closed ones. Are you ready for a life-changing journey?

Hey, do not quit, okay!

You may have been hurt, I know how it feels, believe me I do. However, it will pass. Your heart can be healed.

Being happy now does not depend on others.

There is no point trying to get attention from those who do not deserve you. Do not allow others to bring you down.

You deserve so much better. Whatever trouble you are in or whatever issues you may have, believe that you can get through and you will.

Every morning, say to yourself,

"I can do this."

You may feel the pain of anxiety; you may cry before you get it, your family and friends might not understand and may discourage you. You could doubt your own abilities.

Sure, it will not be easy.

However, it will certainly be worth it.

I am alive and awake today and that is all that matters.

This beautiful morning,

I unveiled two wonderful gifts bestowed upon me;
they were my eyes.

It is such a lovely feeling when you wake up in the morning
recognizing and appreciating that you have been given
another great day to experience being alive.

Begin and conclude your day with

Gratitude & Appreciation.

Gratitude has a tremendous effect on your state of mind.
Its vibration attracts all the magnificent things in life.

Thank You.

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Dear God,

I want to pause for a moment, not to ask for anything
from you, but merely to say
thank you for everything that you have given me.

Thank you for not giving up on me.

Thank you for giving me the courage to defy any adversity
and to
keep moving forward regardless of trials.

Thank you for showering all your
blessings on my loved ones and me.

Thank you for believing in me.

Living v/s Existing

Some Soul-Searching

Take a close look at what you are doing to yourself.

- Are you where you want to be right now?
- Reflect and describe your current situation.
- What are your priorities in life?
- Where is it that you would like to go?
- What are you willing to do to contribute to your daily growth?
- What is holding you back?
- What is stopping you from pursuing what you want in life?
- Would you like to alter some aspects of yourself?
- Do you consider yourself as a positive or negative person?
- Do you want to spend the rest of your life in the same way?
- Do you feel stressed out, depressed, lost, disoriented, lacking motivation, energy and self-confidence?
- Are you living to the best of your abilities or merely existing?
- Is this the best way of living you can come up with?
- How do you intend to spend the rest of your life here?
- Do you express your feelings or do you suppress them?
- Do you spend at least 15 minutes of 'quality time' on yourself?
- Do you find yourself regularly dwelling on the past and worrying about the future, but rarely concentrating on the now, the only time you have the power to make changes?
- Are you at peace with yourself and your surroundings?
- Do you trust yourself?
- Would you consider yourself a pessimistic person constantly whining, blaming and complaining about other people's behaviour and situations?
- Do you want to devote the rest of your life feeling victimized, unhappy and miserable for the harm, hurt or injustices done to you by others?
- Are you worried and upset about what other people think of you?

- Do you find yourself taking care of everybody else's needs first?
- How well do you know your true self?
- Do you underestimate yourself most of the time?
- Would you say you are a happy person? (In your relationship, career, health-wise or financially)
- Do you sometimes feel you need to change your attitude and perception towards life?
- When you will be looking back at your life during your final days, what would you like to think your life was about?
- What is your opinion about dropping the blame game and accepting full responsibility for how you are reacting, feeling and behaving?

The way you analyse and react to situations has probably become a habit anchored so deep within you that you are most likely unaware there are other means to deal with these situations.
You have programmed yourself to act in a particular way.

This is the challenge: to alter your usual response, to change your routine, to take a risk, to pause for a moment and
make different choices.

I challenge you to do what it takes to lead a fulfilling life. Keep asking yourself these questions often until you feel you
understand where you would like to go.
How you get there will become clearer as you improve.

Imagine opening a self-account. More credit will appear in your self-account as you invest more of your time reading, learning and doing everything meaningful and uplifting for your positive advancement.
Keep investing in yourself every single day.

In time, more wisdom will be available for withdrawal.

Every evening, before you go to bed, ask yourself,

"Did I do something today to bring me closer to my purpose?"

What defines you?

What aspects of your life do you feel not good enough, insignificant, or undervalued?

Where do you need to work on to create a meaningful

space?

What do you need to do internally?

If you are happy with what you are getting from life, then you should keep on doing what you are doing but if you feel your life need changes, then you should start looking for alternatives right now.

You have to redefine yourself.

Who are you right now and who must you become in order to achieve your dreams.

What has to change about you?

What is it that you must do differently to achieve what you want in life?

If you want a more fulfilling life,

let today be the day where you start afresh.

Give yourself a second chance to make it better.

If you are fighting stress, you do not need another rival in your life. Slowly, you will work against yourself. You will turn your life against you, and no one or nothing can save you.

You were designed to be a superior mortal with no limits.

Why would you keep sabotaging yourself? When you think negatively, you are in fact using all of your brain's power to manifest this situation in reality so that it agrees with how you are picturing it in your mind. Your mind attracts more of whatever you keep thinking or talking about.
Eventually, excessive stress creates diseases.
No good will come within this cycle of negativity.

Your mind's ability to visualize things is amazing.

It charges you with emotions and may even
change your body's physiological state.

If you want to create a great life, you will need to take charge of certain fundamentals. Otherwise, you are using your own energy to work against you.

The very source of creation within you must

always be working for you.

UNLEASH

Mindfulness

ACTIVITY BOOK FOR KIDS, TEENAGERS & PARENTS

Mindful activities to help kids calm & ground themselves.

This book will bolster their resilience & growth mindset so they can face life's challenges with confidence.

Created By
Prithee Ajodah

The Mindfulness Workbook for Kids, Teens & Parents

Thought-Provoking Mindfulness Exercises to Calm Their Minds, Be More In Control of their Feelings, Face Their Fears, Develop Growth Mindset, Stay Focused, Be Confident, Be less Reactive & Make Better Choices Help them Succeed & Be Their Best Self. Help Them To learn to reframe the way they think with fun lessons. Unleashing Their Inner Artist. Help them find peace in the face of Stress & reflect on Forgiveness & Gratitude.

This book will quickly become a treasured journal or diary which your kids will love to write in.

Makes a Heartfelt Present
For Birthdays & Christmas

As a thoughtful gift for your child, grandchild, niece or nephew, this memorable journal is a sure-fireway to help your kids become more mindful, practice gratitude, and develop healthy emotions.

When I feel ANGRY

Things that make me feel angry are:

This is how my face looks:

My body responds by:

The opposite of feeling angry is:

My face when I feel this way:

Anger prevents me from reaching my full potential and living my best life.

Things I can do to help myself calm down:

**Despite the trouble, my body remains relaxed,
and my mind stays clear and focused.**

When I am angry,

I DON'T THROW A TANTRUM.

- I express myself calmly.
- I focus on my breathing.
- I count to ten.
- I reflect on why I'm angry.
- I think about how I can solve the problem.
- I ask for help if I need it.

- I can listen to what my feelings are telling me.
- My hard feelings won't last forever.
- It's ok to feel angry & sad sometimes.
- Crying shows inner strength, not weakness.
- Letting others know how I feel is taking care of my emotions.
- I do my best to express my feelings safely with my words.
- Understanding my feelings helps me to learn about myself.
- I am open to understanding other's feelings too.
- Feelings are an important part of me & everyone else.
- My actions & thoughts are fueled by love and kindness.
- Petty things can't make me lose my cool.
- I acknowledge my anger but can choose to not act on it.
- I transform angry feelings into self-control & acceptance.
- I refuse to let arguments fester & eat away at my inner peace.
- I refuse to let anger turn me into a resentful person.

I recognise what triggers my negative feelings
and create a peaceful environment.

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Why do I feel angry?

What happens when I feel angry?

What should I do with my anger?

Where do I feel things in my body when I am angry?

What things do I say when I am angry?

What happens to my body when I am angry?

How do I behave when I am angry?

How can I best handle my anger?

What have I learned about my anger?

What helps me when I am angry?

What kind of face do I have when I am angry?

What happened the last time I got angry?

I know when I am angry,
I am not bad.
I am just mad.

I also know that,
I can be stronger
and in control of
this anger.

5 STEPS TO Boost Your Confidence

01 Put your faith in yourself

Individuals who are confident demonstrate a firm understanding of what they believe to be right and wrong and this understanding is a result of their own beliefs.

02 Recognize and accept your limitations

Too often, we focus on what we can't do well. When we examine someone who we'd consider to be confident, it's clear that they are not burdened by feelings of inadequacy due to their own limitations.

Putting yourself forward for a new opportunity or challenge needn't be troubled by the fear of making a mistake.

03 Take on a challenge

You will know your true limitations by challenging yourself, but remember you also expand your comfort zone by doing so.

Don't let the fear of failure deter you from rocking that challenge and realizing your dreams.

04 Appreciate your accomplishments and praise

The positive impact you've made on others through this book makes it difficult not to feel confident about your abilities.

Give more without expecting anything in return.

05 Create a confident image of yourself

It becomes easier for us to project confidence when we visualize ourselves as the example of confidence, since we are reflecting our inner selves and not simply mimicking other's behaviours.

Move on from your past mistakes.

It's
Okay
To
Make
Mistakes

ALWAYS

REMEMBER THAT

MISTAKES HELP YOU

LEARN

They can also make you

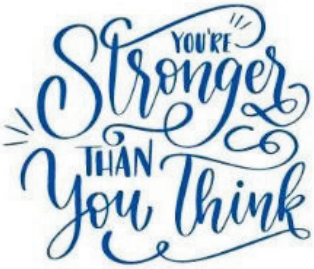
STRONGER

&

SMARTER

DON'T BE TOO

HARD ON YOURSELF



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Thank you, brave soldier

I am grateful for the wonderful people in my life.
I am thankful for my body and everything it can do.
I am grateful for the amazing moments of today.
I am thankful when someone is kind to me.
I am thankful for what makes me unique.
I am grateful for my talents and gifts.
I am grateful for my kind friends and loving family.

What are you grateful for?

What are you thankful for?

Self Reflection

When you get grumpy, what's one thing that helps you calm down?

What's the best advice someone has ever given you?

What is the favourite thing about yourself?

What's one thing you want to work on to improve yourself?

Write down three ways you could help a friend or family member today.

Find opportunities whenever you can to make this world a better place. Be present & use your eyes to see the good side of things. Use your ears to listen to what is helpful. Pay close attention to your self talk & how you feel.

YOU ARE ENOUGH

I am a perfect reflection of
my beautiful soul.

Trust your ability to learn new things at your own pace.

Learn to be receptive, curious & open to new possibilities.

UNLEASH Mindfulness

ACTIVITY BOOK FOR KIDS, TEENAGERS & PARENTS

By Prithee Ajodah

Become aware of the constant judging & reacting to inner & outer experiences.

Learn to willfully bring a sincere, accepting & perceptive attention to all that you do.

Understand patience & know that sometimes things take time.

Acknowledge that making mistakes is part of the learning process.

Accept to see things as they are & let go of the unhelpful emotions.

create YOUR future

THE BEST is yet To Come

ISBN 978-99949-0-329-0

ALL IN YOUR HANDS

Good things take time

Brave at heart

START NOW!

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ANTI-STRESS AND ZEN COLOURING BOOK

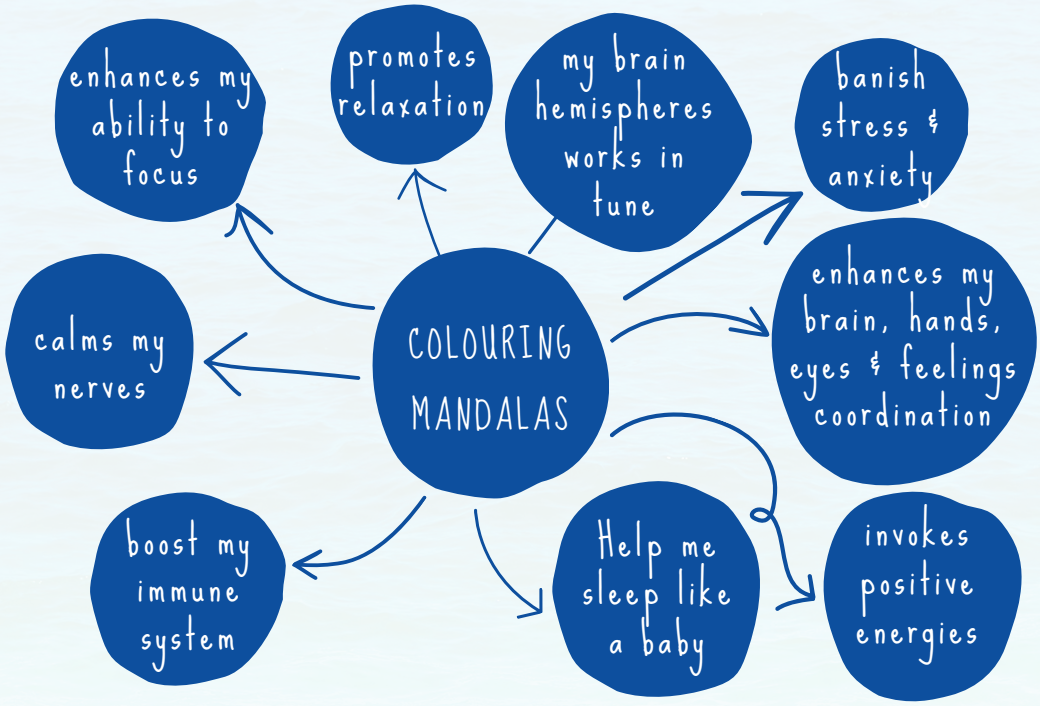
WITH POWERFUL THOUGHT AWAKENING AFFIRMATIONS

ENCOURAGING MINDFULNESS & CONTEMPLATION

For Kids, Teenagers & Adults

BE RELAXED, AT PEACE, STRESS FREE & UPLIFTED
BE INSPIRED BY THE AFFIRMATIONS & MAKE UP YOUR OWN
BE MINDFUL ABOUT YOUR THOUGHTS & ACTIONS
LET THIS BE A BONDING MOMENT WITH YOUR LOVED ONES

BY PRITHEE AJODAH



Thank you for choosing this special book. You are about to embark on a special journey of personal growth & self discovery.

Everyone is thinking of or tackling multiple tasks at the same time. Some have to manage their job & family, others their studies & growing up. So why not try something new that goes against your routine & empowers you with a sense of achievement. So, lets dive in & embrace this with an open heart & mind.

When observing & colouring the unique elaborate graphics in this book, your mind will appreciate the details & awaken your ability to cherish the beauty & intricacies of everything that makes up our natural world.

Choose your unique blend of colours to create a singular piece of art. Focus on the powerful affirmations while doing so & soon you will feel positive changes in your mindset. These affirmations will also be totally new to young minds. They will benefit greatly from absorbing their meaning & building their self-confidence in the process.

Meditate on the affirmations while looking at the whole picture. Let your intuition help you imagine the graphics fully coloured. Decide which colour goes where, then pick up your colours & start colouring. It`s okay if you make a few mistakes. With practice you will see that you will quickly master this unique way to express yourself.

If your thoughts wander, take a deep breath & reread the affirmations. Keep colouring & don't give up. Be in the now while you immerse yourself deeply in colouring.

Only positives can flourish. So start now & have fun.

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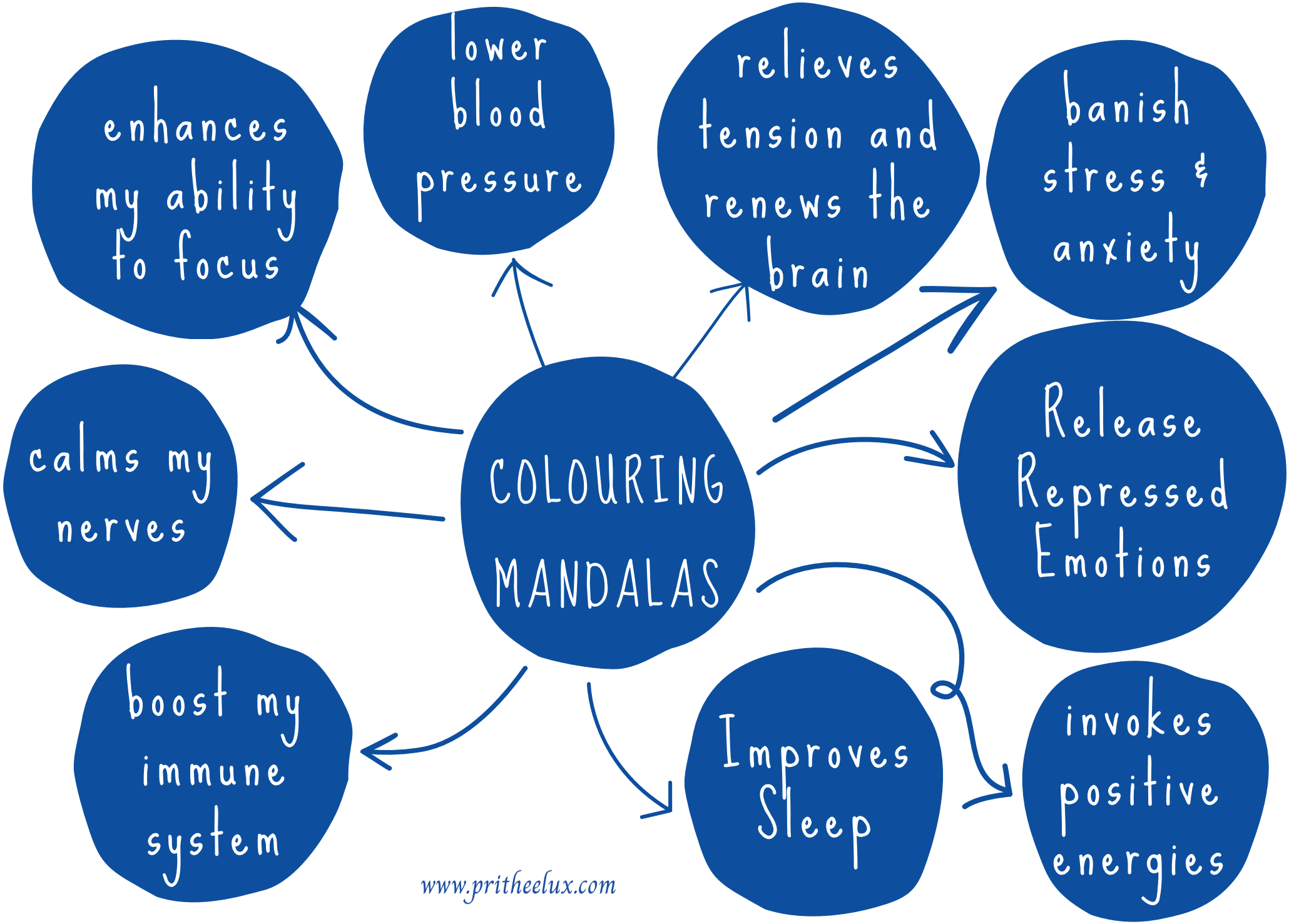
COLOURING MANDALAS
lower blood pressure
relieves tension and renews the brain
banish stress & anxiety
enhances my ability to focus
calms my nerves
Release Repressed Emotions
boost my immune system
Improves Sleep
invokes positive energies
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Benefits of Mandala Drawing

1. Reduces stress and anxiety - Coloring mandalas can help reduce stress and anxiety as it provides a relaxing and meditative experience.

2. Enhances focus and concentration - Drawing mandalas can help improve focus and concentration as it requires precision and attention to detail.

3. Boosts creativity - Drawing mandalas can enhance your creative skills as it allows you to explore different color combinations, patterns, and designs.

4. Encourages mindfulness - Coloring mandalas can help you stay present and mindful, which can lead to a more peaceful and centered state of mind.

5. Promotes relaxation - Coloring mandalas can provide a sense of relaxation and calmness, which can help you unwind after a long day.

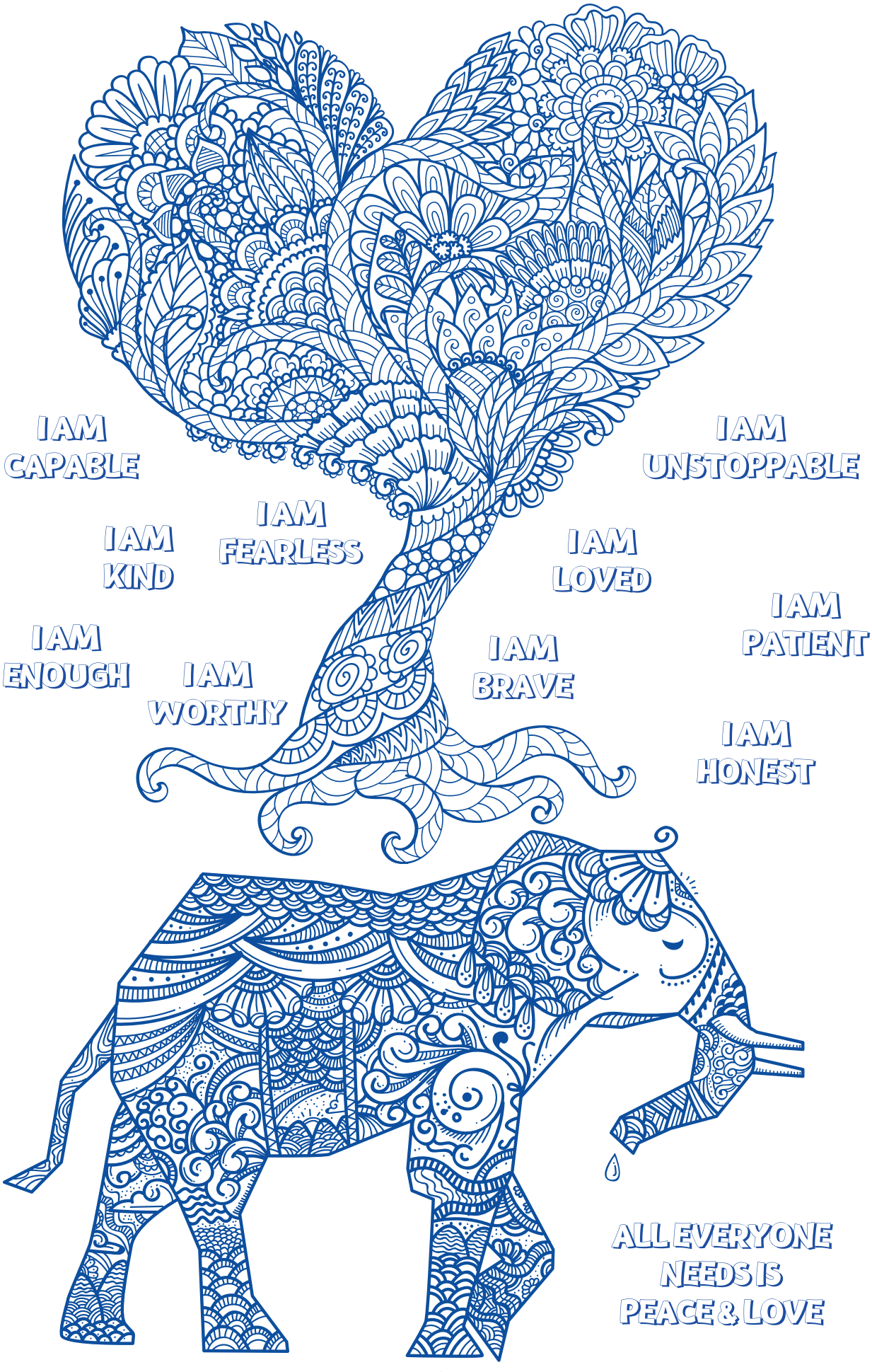
6. Improves self-awareness - Drawing mandalas can help you become more self-aware as it allows you to connect with your thoughts and emotions.

7. Increases patience - Coloring mandalas can help you develop patience and perseverance as it requires time and effort to complete.

8. Boosts self-esteem - Drawing mandalas can boost your self-esteem as it allows you to express yourself creatively and can give a sense of accomplishment.

9. Improves problem-solving skills - Drawing mandalas can help improve your problem-solving skills as it requires you to think critically and creatively.

10. Fosters a sense of community - Drawing mandalas with others can create a sense of community and belonging as it allows you to connect with others in a creative and fun way.


I AM CAPABLE
I AM UNSTOPPABLE
I AM FEARLESS
I AM KIND
I AM LOVED
I AM PATIENT
I AM ENOUGH
I AM WORTHY
I AM BRAVE
I AM HONEST
ALL EVERYONE NEEDS IS PEACE & LOVE

Bring Color to your Life & Mind

I rise in the face of adversity.
I can face them head up.
I am proud of the person I am becoming.

I feel good because I know how to handle the challenges.
The more obstacles I face, the stronger I become.
I believe in myself so much that nothing is going to stop me.

BEING TRUE TO MYSELF
IS WHAT MATTERS

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I CHOOSE WHAT I BECOME

When I love myself, I begin appreciating & respecting myself more & see myself in a new light

I am encouraged & inspired to do bigger & better things for my happiness & success

I am patient

I am honest

I am generous

I am loved

I am a good friend

I am helpful

I am enough

I am confident

I am kind

I'm in this world to make a difference

Every day, I'm going to be more mindful & thankful of all the small blessings in my life

What I'm going through is temporary
and doesn't disturb my peace

I am devoted to protecting my peace & maintaining my happiness

I have all the necessary tools to change my life for the better

Doing my best is enough

I talk to myself with the same kindness I do with a friend.
My actions show others that I value & care about them.
I try my best to learn & understand how others think & feel.

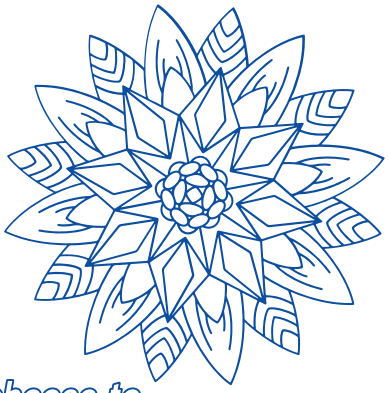
I'm learning to communicate respectfully with others.
My words leaves a positive impression in other's hearts.
A small ripple of kindness can spread around the world.

I refuse to
give up
because
I have not
tried all possible
solutions yet

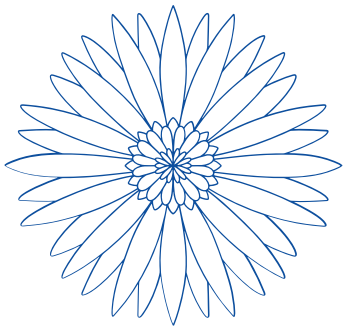
I am going to get through this

I have overcome obstacles before & will tackle whatever is in my way.

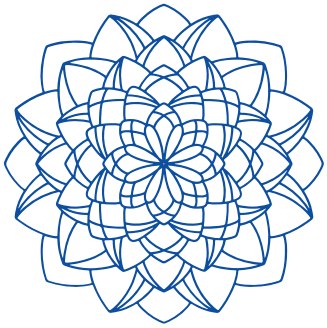
If I'm overwhelmed, I can take a break & come back

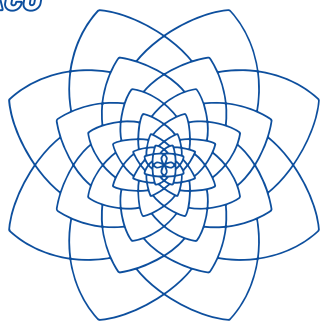


There is a time to push myself & a time to rest

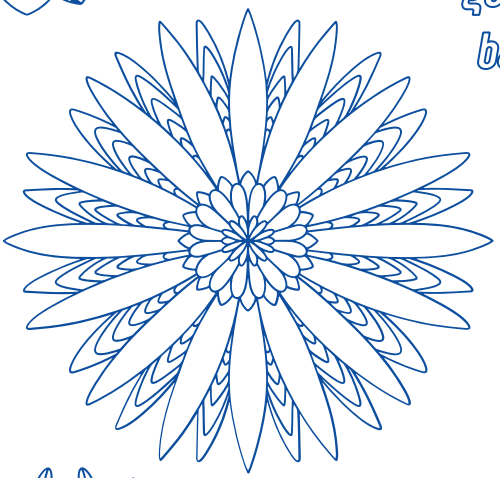


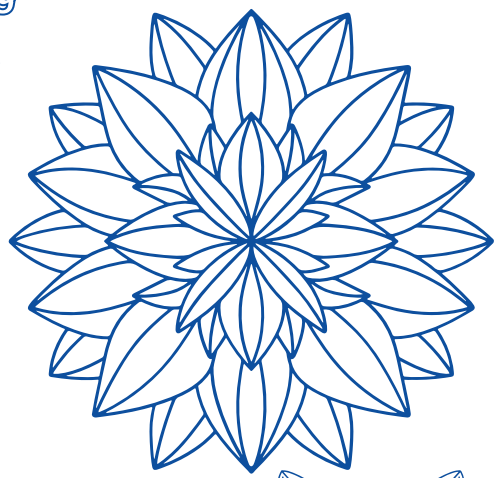
I choose to feel calm, peaceful & relaxed

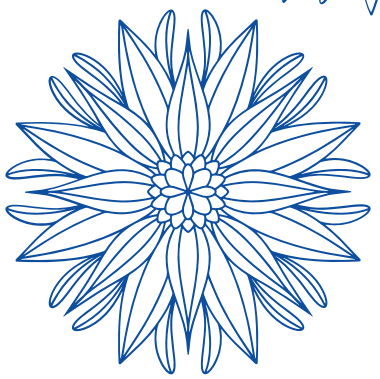




I have got my back.







Pain & Discomfort is only temporary

I am stronger than yesterday

Everything is difficult before it gets easy

Whatever happens, I'll handle it

I believe in the good that happens to me

This is tough but so am I

I am a fighter & I choose to conquer my inner demons

I can make good choices

Narcissism Unveiled When Ego Takes Over

Perspective is Everything

How to Recognize, Outsmart, & Protect Yourself From Narcissistic Abuse

By Prithee Ajodah

Narcissist checklist

Couple Relationship	Her	Him
They use, abuse & discard people, focus on getting only their needs met. They will make you lose your self respect & dignity		
·Manipulative, Obsessed with Power, Grandiosity, Seductive & Unpredictable, Dominant, Arrogant, Controlling, Greedy		
They Lack empathy & a conscience, they hold grudges & take revenge, they have a long list of enemies		
·They are selfish &, self-absorbed, Like to be the center of attention. Emotionally cold unless they want something from you		
Always on the defensive when they feel insecure, Nothing is ever their fault. Have trouble accepting mistakes & also apologizing		
Gaslighting (leaving you feeling guilty & as if you are losing your mind) & constant use of emotional blackmail		
Two faced. Putting friends & family down behind their backs. They will create conflict & isolate you from those you care about.		
An attitude of entitlement, Feeling superiority over others, make many comments to remind you of your obligations toward them		
Extremes in managing money, micromanage or withhold funds from others		
No remorse, Irresponsible, Unreliable, Rules do not apply		
Lie easily & believe their own lies or distort facts and change events to suit their own agenda, keep secrets, Yesterday's truth can become today's falsehood		
Responds to confrontation with irrational anger Feel easily hurt & takes things personal		
Do not know how to love. No Compassion for others. Everything is a show, They projection their own fears on you.		
Total		

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8. Narcissism and Mental Health: How Narcissism is Linked to Other Disorders
9. Narcissism in Pop Culture: Examining Narcissistic Characters in Film, TV, and Literature
10. Narcissism and Society: How Narcissism Impacts Politics, Education and Healthcare.

Understanding the Narcissist's Mind: Exploring the Causes and Symptoms of Narcissism

1. Childhood experiences- Research shows that individuals who experienced neglect, abuse, or trauma as a child are more likely to develop narcissistic traits in adulthood. Childhood conditions could shape their perception of themselves and others, resulting in a heightened sense of entitlement.

2. Personality traits- Narcissism can also be seen as an extreme expression of personality traits like extraversion, assertiveness, and dominance. People who exhibit these traits to a lesser degree may not develop narcissism, but those who experience an overestimation of self-worth may develop the disorder.

3. Social and cultural factors- Social media and celebrity culture might reinforce narcissistic behaviors as people crave attention and admiration. Additionally, cultures that place a high value on individual achievement and success might promote narcissism in some individuals.

4. Symptoms- Some of the key symptoms of narcissism include an excessive need for admiration, lack of empathy, a belief in one's superiority, and an inflated sense of self-worth. Narcissistic individuals might also engage in gaslighting, projecting their negative traits onto others, or manipulation for personal gain.

Affirmations on narcissism

1. I release myself from the need for validation from narcissistic individuals.
2. I am worthy of love and respect, regardless of how a narcissist treats me.
3. I recognize and reject the manipulative tactics of narcissistic people.
4. I trust myself to make decisions that prioritize my well-being over a narcissist's demands.
5. I am empowered to set healthy boundaries with narcissistic individuals.
6. I have the right to express my thoughts and feelings without fear of a narcissist's reaction.
7. I am not responsible for a narcissist's emotions or behavior.
8. I choose to surround myself with supportive and empathetic people who lift me up.
9. I acknowledge my own strengths and virtues, despite any criticism or invalidation from a narcissist.
10. I refuse to internalize a narcissist's negative projections onto me.
11. I honor and prioritize my own needs and desires over those of a narcissist.
12. I am resilient and capable of healing from any emotional or psychological wounds caused by narcissistic abuse.
13. I am a valuable person, worthy of love and respect, regardless of what a narcissist may say or do.
14. I forgive myself for any mistakes or perceived failings in my interactions with narcissistic individuals.
15. I am worthy of living a life free from the toxic influence of narcissistic people.

HOW TO HEAL FROM NARCISSISTIC ABUSE:

Healing from narcissistic abuse is a process that requires patience, self-compassion, and professional support. Here are some tips and strategies for healing from narcissistic abuse:

a. Seek Professional Help: Therapy can be a powerful tool for healing from narcissistic abuse. A therapist can help you identify and process the emotional wounds caused by the abuse, and provide you with coping strategies for managing the aftermath.

b. Practice Self-Care: Self-care is essential for healing from narcissistic abuse. It is important to prioritize your physical, emotional, and mental wellbeing. This can include things like getting enough sleep, exercising regularly, eating a healthy diet, and engaging in activities that bring you joy.

c. Set Boundaries: Setting boundaries is an important part of healing from narcissistic abuse. This means being clear about your needs and limits and communicating them assertively with others. It also means recognizing when someone is not respecting your boundaries and taking steps to protect yourself.

Shift Your Mind, Transform Your Life

From Self-Doubt to Self-Power

Reframe Negative Thoughts to Empowering ones & Harness the Power of Your Inner Dialogue to Achieve Your Greatest Potential

Prithee Ajodah

Shift Your Mind, Transform Your Life
From Self-Doubt to Self-Power

Discover how to reframe negative thought patterns and beliefs that hold you back from achieving your full potential.

Learn practical examples to shift your inner dialogue, build unshakable self-confidence, and cultivate the mindset of a winner.

With powerful examples, this book empowers you to tap into the power of positive thinking and unlock a life of fulfillment and success.

Say this to yourself,

"This is the year I'll be
unstoppable, kinder,
braver, stronger,
fearless, more confident
and unstoppable."

Limiting or Negative Belief:

Fear and anxiety are paralyzing emotions that hold me back.

Empowering Belief: Fear and anxiety are signals that I am facing a challenge or opportunity for growth.

* Fear and anxiety are natural responses to perceived threats. They alert us to potential dangers and trigger our fight-or-flight response.

* By reframing fear and anxiety as signals of growth, we can acknowledge their presence without letting them overwhelm us.

* This shift in perspective allows us to embrace the challenges that trigger these emotions and see them as opportunities to develop resilience and overcome obstacles.

Limiting or Negative Belief

Fear and anxiety are a sign of weakness:

Empowering Belief: Fear and anxiety demonstrate my courage and determination.

* Facing our fears and anxieties requires immense courage. It shows that we are willing to step outside our comfort zones and confront difficult situations.

* By reframing these emotions as indicators of our courage, we can shift our perception from one of weakness to one of strength.

* Embracing our fear and anxiety as signs of determination empowers us to persevere through challenges and achieve our goals.

Fear and anxiety are signs of weakness.

Empowering Beliefs:

1. Fear and anxiety are natural emotions that serve a purpose.
2. They can alert me to potential threats and help me prepare for challenges.
3. I have the ability to manage and overcome my fears and anxieties.
4. They can be opportunities for growth and self-discovery.
5. I am not defined by my fears or anxieties.
6. I can learn from my past experiences and use them to develop coping mechanisms.
7. I have a support system of people who care about me and will help me through difficult times.
8. I can take small steps towards facing my fears and gradually build my confidence.
9. I can use my fear and anxiety as motivation to push myself beyond my comfort zone.

- "I can't do this" ---> "I may struggle at first, but I am capable of learning and growing."

- "I'm so stupid" ---> "It's okay to make mistakes, I can learn from them and improve."

- "Nothing ever goes my way" ---> "There are always opportunities for success, I just need to keep trying."

- "I'll never be good enough" ---> "I am already enough, and I can continue to work towards my goals."

- "I'm a failure" ---> "I am not defined by my failures, I have the ability to learn and succeed in the future."

I'm a failure. | I am learning and growing from my experiences, and success is not defined by perfection.

I can't trust others. | I am surrounding myself with trustworthy and supportive people.

People are always trying to take advantage of me. | I am discerning and can identify and avoid untrustworthy individuals.

I'm easily manipulated. | I am aware of my strengths and weaknesses, and I am not easily swayed.

I'm a pushover. | I am assertive and will stand up for myself and my beliefs.

I'm not respected. | I am respectful of myself and others, and I attract respectful people into my life.

I'm too old to exercise, it's too late for me.

It is never too late to start exercising and improving my health.

I have a family history of cancer, so I'm going to get it too.

I am taking steps to reduce my risk of cancer and living a healthy lifestyle.

I'm stressed all the time,
there's nothing I can do about it.

I will take charge of my stress levels by
practicing relaxation techniques and
making time for self-care.

I don't have the money to eat healthy or
exercise, I'm stuck with my bad habits.

I am finding ways to make healthy choices
on a budget and exercising for free.

I'm too embarrassed to go to the doctor,
I'll just suffer in silence.

I am taking control of my health and
seeking the medical care I need.

I'm always comparing myself to others,
I never feel good enough.

I am focusing on my own health journey
and celebrating my progress.

I can't trust myself. |

I can rely on my own judgment and intuition.

I'm always doubting myself. |

I am capable and worthy of self-belief.

I'm not confident enough. |

I am building confidence and
self-assurance every day.