

**FOR
ROYALTIES**

Never
stop
dreaming


BOOST YOUR *Mental* HEALTH

DAILY BIBLICAL & POSITIVE AFFIRMATIONS



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DAILY WELLNESS AFFIRMATIONS

ARE AFFIRMATIONS ALONE ENOUGH TO CHANGE YOUR LIFE?

Positive affirmations are a tool that you can utilize to change your mindset about the way you approach and look at things. Does that mean your life will instantly change for the better and that you will achieve all your dreams?

Sorry, the answer is no. You will still need to put in the effort and take action, and affirmations are simply your motivation to do so.

DIFFERENCE BETWEEN POSITIVE

AFFIRMATIONS AND BIBLICAL AFFIRMATIONS

There isn't a whole lot of difference, to be honest. Both are ways for you to introduce more positivity into your life and develop the kind of mindset to help you to live up to your full potential.

The main difference is that biblical affirmations are typically formed and rooted in the word of God. They are based upon Biblical truths. Christian affirmations rely on the strength of God and will further anchor your faith in Him.

IS IT A SIN TO SAY AFFIRMATIONS?

It's important to remember that most things are permissible, but not beneficial (1 Corinthians 6:12). So, if what you're saying is true, and not harmful in any way, there's no reason why it would be sinful. However, if what you're saying isn't true, or could potentially be harmful to someone (even just yourself), then it's something that would be best avoided.



DAILY WELLNESS AFFIRMATIONS

Mental health issues are also rising. So, while it is highly important to talk about mental health, it is also necessary to supplement this conversation with solutions.

With low mental health, we become harsh and cruel to ourselves. The words we choose are cold, sharp knives. And as our minds heal, we become kind and compassionate with those words.

So, let's choose positive words with mental health affirmations. These affirmations are tools to help guide you and me through each day of our lives, in each moment when we talk to ourselves.

All the affirmations have an undertone of biblical energy.

In his e-book, you will find:

1. Kindness affirmations
2. Self-care affirmations
3. Mindfulness affirmations
4. Acceptance and gratitude affirmations
5. Mental health affirmations
6. Daily positive affirmations for mental health
7. Affirmations for strength and confidence
8. Courage affirmations for mental health
9. Positive thinking affirmations
10. You are enough affirmations
11. Health affirmations
12. Biblical Affirmations



WHAT ARE AFFIRMATIONS?

Affirmations are positive statements that help you deal with negative feelings, thoughts, and situations. This may sound too simple; repeating the same sentences won't change anything around you. But research shows that positive thinking can rewire your brain, changing the way you feel about things. Affirmations work because of neuroplasticity, or the brain's ability to adapt to new situations.

Many people enjoy saying affirmations in the morning, right after they wake up. At that time, your mind is fresh. So, find a few minutes before beginning the day to repeat your affirmations. That way, you will start the morning right with a dose of positivity. If you face what's disrupting your tranquility every day, you will find morning affirmations for peace useful. They will help you create the right mindset and lower your stress and anxiety.

Psychological theories like the self-affirmation theory provide a foundation for understanding how affirmations can influence thought patterns and behaviors. Research indicates that using affirmations regularly can positively impact the brain, contributing to increased mental resilience and decreased stress levels. These findings suggest they can play a significant role in cognitive behavioral therapy and other therapeutic settings, offering a science-backed approach to self-improvement and mental health management.



HOW DO AFFIRMATIONS WORK?

The principle of neuroplasticity suggests that consistent, positive self-affirmation can rewire the brain, altering entrenched thought patterns to promote more positive thinking. This transformative process underscores the importance of regular practice and genuine belief in the affirmations used, as these elements are crucial for fostering meaningful change.

Affirmations encourage mindfulness and self-awareness, prompting individuals to reflect on their thoughts and feelings. This introspection can lead to a deeper understanding of one's self and a more compassionate approach to personal challenges. Moreover, they can serve as a daily reminder of one's values and goals, acting as a motivational tool that aligns thought processes with desired outcomes.

However, affirmations are not a magic solution. Their effectiveness hinges on realistic expectations and the willingness to engage in additional mental health practices. To truly make an impact, they must be part of a broader strategy that includes actionable steps toward personal growth and well-being



BENEFITS OF AFFIRMATIONS

- Increased self-worth:

By repeatedly affirming positive qualities about oneself, individuals can develop a stronger sense of self-esteem and self-belief.

- Stress reduction:

Positive affirmations can help counteract negative thoughts and emotions, leading to decreased stress and anxiety levels.

- Improved mood:

Regularly practicing affirmations can cultivate a more optimistic outlook, leading to an overall better mood.

- Enhanced focus and productivity:

By setting a positive mental frame, affirmations can improve concentration and ability to achieve goals.

Positive behavior change:

Affirmations can motivate individuals to make positive changes in their lives by reinforcing desired behaviors and mindsets.

- Resilience building:

Facing challenges with a positive self-affirmation practice can help individuals develop greater resilience and coping mechanisms.

- Improved relationships:

A positive self-image fostered by affirmations can lead to healthier and fulfilling relationships.

HOW TO USE

- Say affirmations aloud. Use the present tense. Try not to highlight the negative. Choose meaningful affirmations
- Convenient places for your affirmations
- Mirrors
- Next to your computer
- Closet doors
- On the wall
- Exercise equipment
- Screen saver
- Ceiling
- Fridge
- Say Them in the Morning



**LET'S GET
STARTED**

DAILY WELLNESS AFFIRMATIONS

Purpose: These affirmations help you cultivate the attitude of kindness to self and others, practice self-care and mindfulness in yourself and your relationships.



KINDNESS

- I will practice self-kindness.
- I choose to be kind, even when it's difficult.
- I am surrounded by kindness.
- I attract kind people and experiences into my life.
- I am grateful for the kindness of others.
- I always find a positive way to approach every situation.
- I will focus on my daily routine and be kind to myself and others.
- My good behavior is the key to my happiness and success.
- I am in control of my thoughts and emotions.
- I will not let negative self-talk define me or hinder my success. .
- I have the ability to overcome low self-esteem.
- I am kind, compassionate, and deserving of love and respect.

SELF-CARE

- I take tender care of myself.
- I enjoy my body and take good care of it
- I care for myself with love, as I do for my child or my best friend.
- Taking care of myself is my first responsibility.
- I pat myself on the back.
- Taking care of myself brings me happiness.
- I am what I need.
- I enjoy my mind and the way I think.
- Taking care of myself brings me health.
- I laugh with myself.
- I give myself permission to slack off.



MINDFULNESS

- I am fully engaged in the present moment.
- Here and now is where my power is.
- I am focused on what I can control.
- My time on Earth is limited and I choose to be fully present in each moment.
- I feel content and happy.
- I have the power to change what does not serve me.
- I attract positivity and kindness.
- Every interaction I have today is valuable.
- I enjoy giving my undivided attention.

DAILY WELLNESS AFFIRMATIONS

Purpose: These affirmations encourage you to cultivate a sense of compassion and kindness towards yourself and others. By cultivating these qualities, you can reduce stress, improve relationships, and increase your overall well-being.



ACCEPTANCE & GRATITUDE

- I love and accept myself just as I am.
- I approach others with love, respect and acceptance.
- I see beauty and goodness all around me.
- I have gratitude for simple pleasures.
- I am experiencing this moment without judgement.
- I appreciate my feelings and allow myself to feel them.
- When bad things happen, I am resilient.
- Every day I bring more gratitude into my life.
- I am grateful for the positive contribution I will make today.

SELF-CARE MINDFULNESS

- I am taking time to breathe.
- Today, I feel happy, and I'm here for it.
- I am excited and ready to take on this day.
- I am growing my inner peace.
- I am safe and secure.
- I run after my dreams and prioritize my goals and needs.
- I must first care for myself, to best care for others,
- I trust that I can handle anything that arises in this day.
- I release the pressure I put on myself and replace it with love and nurture.



"I am mindful of my thoughts, feelings, and sensations without getting caught up in them."

DAILY WELLNESS AFFIRMATIONS

Purpose: These affirmations build your mental strength with strength and needed positivity to show up each day.



MENTAL HEALTH

- I am now in control of my mind and thoughts. I think on valuable things.
- My body is calm and a anxiety has no place in it.
- I am feeling better, I am stronger than I know.
- All is well in my world.
- I will get through today with hope and courage.
- I welcome a sense of calm into my life.
- I give myself permission to feel this way without judgment.
- It's okay. Everything will be fine.
- I am brave and I live for myself and others. It's an overflow.
- I trust that God will help me live my best life.
- I release tension whenever I exhale.
- I am strong and ready for change.
- I am freeing myself from stress and panic.
- I am feeling freer and healthier today and always.
- I feel calm and peaceful inside of me. I'm basking in this rest.

POSITIVITY

- I am more than my thoughts and I choose peace always.
- Letting go of worry is becoming easy for me.
- I release all tension in my body, I flow with the waves of optimism.
- Only good things await me.
- I am balanced in my body, soul and spirit.
- I see the good in myself and in others.
- I appreciate the goodness in my life.
- I find more and more reasons to be grateful for.
- I am proud of myself for making it so far.
- I am resilient.
- I value myself.
- Every day is my gift from God.
- I am blessed beyond my imaginations.
- I am loved and appreciated even when it seems like I'm not.

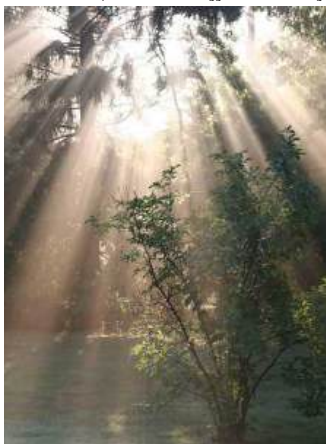


STRENGTH AND CONFIDENCE

- My mind is a friend to my body.
- I let go of negative self-talk.
- I love the body I was born with.
- I am a special person, Yes! I am.
- I have a loving relationship with my body, I honour it.
- I embrace every bit of my body with kindness and compassion.
- I love myself unconditionally.
- I have the power to create the life I want.
- I can overcome any obstacle with dedication and intentionality.
- I am worthy of true love because I am LOVE.
- I feel happy for the air I breathe and how I am an expression of life.
- I feel peaceful in my mind and heart.
- I treat my body with care and love.
- I treat myself with kindness that it deserves.
- I am strong and healthy and I nurture my body always to healthiness.

DAILY WELLNESS AFFIRMATIONS

Purpose: These affirmations guide you to embrace courage, optimism and Self-Love and sufficiency.



COURAGE

- I can overcome my fears.
- I can persevere and stay strong.
- I am free from anxiety.
- I can overcome any stressful situation.
- I can make it happen.
- I'm loved. I'm important. I'm unique.
- I am supported.
- I can feel the shift towards peace.
- I know I am worthy of peace.
- The peace that I need is inside me.
- Nobody can help me achieve peace but me.
- The power I need is in my hands.
- I know that problems are temporary, so I behold goodness.
- I have the solution to every problem that comes my way or every challenge that arises
- I am capable of handling anything I set my mind to.

POSITIVE THINKING

- I accept myself for who I am and open up my heart to growth.
- I am building my future one brick at a time.
- I choose to think positively even when all seems bleak.
- My happiness is up to me, I fill my cup.
- I start with a positive mindset every morning.
- Anything is possible that is my believe.
- I radiate positive energy.
- Wonderful things are going to happen to and forme.
- I can take deep breaths for calm and focus in times of unrest.
- With every breath, I feel stronger.
- I only compare myself to myself and no one else
- It is enough to do my best and I will pay my back for it.
- My body is a vessel of wellness and wholeness.
- Today I will focus on what makes me feel good and incredible.



YOU ARE ENOUGH

- I am worthy just as I am.
- I am enough just as I am.
- I wholeheartedly believe in myself.
- I confidently welcome new experiences.
- I know my value and will not lessen or shrink myself for anything or anyone.
- I am fearless in the pursuit of what sets my soul on fire.
- I am worthy of respect from myself and others.
- I am motivated, persistent, and successful.
- I am pure and filled with positive energy.
- I hold the key to my own happiness and I leave that door open.
- I love the person I am, both inside and out.
- I am perfect, whole, and complete.
- I am important and am worthy of love.

DAILY WELLNESS AFFIRMATIONS

Purpose: These affirmations give you power to be intentional about taking care of your health, giving and receiving love.



HEALTH

- My body feels good and I radiate good feelings.
- Every day is a new day full of hope, happiness, and health.
- I am always happy, hale, and hearty.
- I am vigorous, energetic, and full of vitality.
- Every passing day my body is becoming more energetic, more healthy.
- I am treating my body as a TEMPLE.
- I love my body for everything amazing it can do!
- I am at peace with my body, heart, mind, and soul.
- I lovingly do everything I can to assist my body in maintaining perfect health.
- I am my greatest well-wisher.
- I am thriving in my healing journey

LOVE

- I am surrounded by love and I love myself and others.
- Many people love the person I am, just like I do.
- I am letting love into my life.
- I will be swept away by romance and Godly leadership.
- I believe in love, I am ready for love now and always as I attract loving relationships.
- I surround myself with loving thought to overcome my insecurities.
- I am manifesting my dream life with the right person by my side.
- I put on love and remain in perfect harmony.
- I put on an attitude of love, kindness, humility, meekness, patience, and compassion.
- I share without pretending, I give without sparing, I have a kind and compassionate heart towards others.
- I live in harmony with those around me. I am not too proud to enjoy the company of other people.



LOVE

- My life partner will come into my life at the right time
- I let go of the past and welcome my future.
- I radiate loving energy.
- I love others, because God first loved me.
- I love God and everyone as myself
- Just as love never fails, I love deeply: today, everyday and always.
- I am making space in my life for love.
- My love is infinite and I am ready to share it with the right person.
- I keep a tight rein on my tongue; I am slow to speak, I speak without accusing; I am slow to get angry. I do not let the sun go down on my anger



DAILY WELLNESS AFFIRMATIONS

Purpose: These affirmations reminds you of your Worth, your Confidence and ignites your inner Bliss.



BLISS

- I experience something abundantly good today.
- Today I am stepping into boundless possibilities.
- Nothing matters more than love.
- I celebrate the love in my life. I celebrate the love that I give. And I celebrate the love that is given to me.
- I am open to the opportunities today brings.
- Today, I will give myself space to grow.
- I am committed to personal growth today.
- Thank you body, for my ability to feel great.

WORTHY

- I am worthy of love just for being who I am.
- Love is a birthright for each and every one of us, me included.
- I am enough.
- I am deserving of contentment, joy, and peace.
- I deserve to feel happy and full of life.
- I belong here, at this time in history.
- I am kind to others and inspire others to be kind and that feels great.
- I believe in my goodness.
- Everyone is worthy of love and care, and that includes me, even if I don't feel like it applies to me.



CONFIDENCE

- I am capable and prepared.
- I have everything I need to do this well.
- The light within me shine through.
- I am courageous, confident, and competent.
- I have a lot to offer.
- My voice and opinions matter.
- I can take this anxiety and bring it along with me for this challenge. I don't need to feel ready in order to do well.
- Look at me getting outside of my comfort zone! Go my Love.!
- What would [your hero here] do?

DAILY WELLNESS AFFIRMATIONS

Purpose: These affirmations covers you with Strength for and in turbulent times, fills you eoth calm and peace.



PEACE IN TURBULENCE

- I never give up trying and growing
- I am deserving of kindness and compassion.
- I experience comfort and peace in this difficult time.
- I believe in my potential.
- I am doing the best I can with what I have in this moment.
- I'm not broken, I'm human.
- It's okay to not be okay. So I'm okay.
- I'm okay with my imperfections. Nobody is perfect.
- Failures and mistakes help me move forward.

MOTIVATION

- I'm confident I will achieve my goal.
- I am focused and alert.
- I can see the finish line as I begin this race.
- I am stronger than I know.
- My worth is not determined by the outcome.
- I've done tough things before and got through them and I will again.
- I can do hard things.
- Today I am aiming for good enough, not perfection. That's Progress.



RESTFUL CALM

- I enjoy a deep, restful sleep.
- My body and spirit are at rest.
- I give myself permission to have restful sleep.
- I am grateful for what I did today.
- I will try again tomorrow.
- I'm ready for peaceful sleep.
- I am safe and secure. I can rest comfortably.
- I am in a safe space to sleep. I will let every worry go. My eyes are tired, my body and I deserve a good night of rest. I am thankful for this day Lord, grateful for this bed, and I'm looking forward to tomorrow.

DAILY WELLNESS BIBLICAL AFFIRMATIONS

Purpose: These affirmations help you cultivate a Heavenly atmosphere over yourself at all times and in all seasons

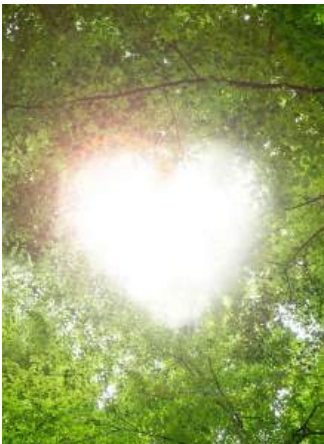


OVERCOMING ANXIETY

- I cast all my anxieties and worries to the Lord who loves and cares for me.
- When I feel anxious, I take refuge in the Lord Jesus Christ where I feel safe and protected.
- When I feel overwhelmed, I cry out to God and find safety.
- I surrender to God's love and power. I let go of all negative emotions of fear.
- I am Jesus Christ's friend. His love for me is so great that He gladly laid down His life for me.
- I will not worry about the future. God knows His purpose for me and I know He will fulfill it.
- The Lord hears me and answers me when I call Him.

MORNING AFFIRMATIONS

- I am totally and perfectly loved, so all my fears are gone.
- I never give up because God renews my spirit daily.
- When my heart is sad, I remind myself this feeling is temporary and joy will return like the dawn.
- I encourage myself with memories of good times.
- God is able to do more than I think in my situation.
- Though I walk in darkness, the Lord will be my light.
- God restores those who are crushed in spirit and he will restore my life.
- God blesses me when I weep now, for in due time I will laugh.



MORNING AFFIRMATIONS

- I nurture a cheerful heart because it is good medicine for my broken spirit.
- God's unfailing love surrounds me and gives me hope
- Even when I walk through the darkest valley of depression, God is close beside me.
- My mind is being cleansed my soul is being cleansed through Jesus all negative thoughts and energies complex lives and traumas are being cleansed
- I Am under God's Wings, He's a loving Father.
- God makes me strong.

DAILY WELLNESS BIBLICAL AFFIRMATIONS

Purpose: These affirmations help you cultivate a Heavenly atmosphere over yourself at all times and in all seasons



IDENTITY

- I am created in the image of God, the image of perfection.
- My soul finds joy in God.
- I can see beauty in everything.
- God is my strength and my shield
- God wants me to prosper in all things.
- I am worth more than rubies.
- I am strong and courageous.
- I am forgiven and set free from the weight of shame, guilt, regret and self-condemnation.
- I will seek first God's kingdom and his righteousness.
- I am not defined by my accomplishments, I am defined by Christ.

IDENTITY

- He will order His angels to protect me wherever I go.
- As I follow Jesus and walk in his Way of Holiness, gladness and joy overtake me.
- God had me in mind before I was born, I am loved by God.
- Be still, my heart, nothing is impossible with God.
- I will live this day surrendered to God rather than trying to control people, time, and circumstances.
- God provides the refuge and shelter my soul seeks.
- God makes my path straight.



IDENTITY

- God has given me every spiritual tool I need to overcome the enemy's arrows of discouragement, discord and disbelief.
- When I am overwhelmed, God alone knows the way I should turn.
- I can do hard things today because God is my strength
- I trust the Lord will make all things new.
- The steadfast love of the Lord never ends in my life.
- I surrender my worries to God who cares for me.
- My steps are established by God.

DAILY WELLNESS BIBLICAL AFFIRMATIONS

Purpose: These affirmations help you cultivate a Heavenly atmosphere over yourself at all times and in all seasons



ASSURANCE OF HIS MIGHT

- The cross of Christ is my power, I will not give up for I am blessed.
- I find joy in God's mercy.
- I hear the voice of Jesus, my Good Shepherd, who leads and guides me with love.
- All is well today because I am held by the Almighty God of the universe who calls me his beloved.
- I give forgiveness to others just as God freely gives me His forgiveness and grace.
- I am the salt and light of the world. I am a city on a hill and cannot be hidden

ASSURANCE OF HIS MIGHT

- I am safe. God has never left me, and he will carry me my entire life.
- My life has been rescued by Jesus.
- I believe in endless possibilities.
- God listens to me and I am thankful for the life I have.
- God goes with me in whatever this day holds.
- I am complete in God.
- I am not be afraid or dismayed because the Lord is always with me. He will uphold me and strengthen me

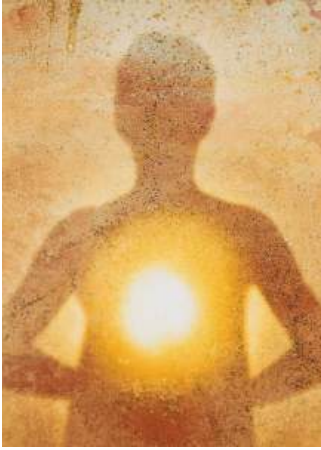


ASSURANCE OF HIS MIGHT

- God is my healer.
- I am safe and in control, God will never leave me or abandon me.
- I can overcome any obstacle with God.
- I am remarkably made, I am extraordinary.
- I am provided for, I need not worry.
- I am spoken for. I am under the shadow of His wings I am cloth in His glory.
- I am spoken for, not my faith but His Faith working in me. I am spoken for.
- I manifest this truth. Christ speaks for me.

DAILY WELLNESS BIBLICAL AFFIRMATIONS

Purpose: These affirmations help you cultivate a Heavenly atmosphere over yourself at all times and in all seasons



GODLY THINKING

- I am experience God's peace which exceeds anything I can understand. His peace will guide my heart and mind as I live in Christ Jesus.
- I am strong in the Lord and in his mighty power.
- My heart will not be troubled or afraid. God has given me peace
- I praise God because his loving kindness is better than life.
- My life is in the Lord's hands like clay in the hands of a potter.
- I belong to God. He will deliver me from all calamities. I won't be defeated by what I have to face

GODLY THINKING

- God will never fail me or forsake me. I'm not in this alone.
- Everywhere I go, I am blessed. My children will be blessed.
- I am God's masterpiece. I am chosen and appointed by God.
- I am not abandoned. Christ accepts me as I am, So, I am no longer a slave to fear.
- I am redeemed through Christ, I am victorious.
- When my heart blames me, I rest in God's presence, knowing He does not condemn me.
- There is no greater love than the love God has for me.
- I have been uniquely created for God's specific purpose.



GODLY THINKING

- I don't have to feel pressured to perform according to others' standards because God's grace has saved me.
- I'm not concerned with what others can do to me because my trust is in the Lord.
- I am rescued from my past. My future is secure.
- I let go of negative thoughts about myself and embrace abundant life.
- My identity is in my salvation. This truth is my inheritance!
- I release limiting beliefs, knowing I have what it takes to be successful.
- God will finish all that is divinely initiated in me
- I am powerful yet gentle, I am patient and kind.

DIBA HOLISTIC WELLNESS CARE

SUSTAINING LASTING
HEALING & LIFE
TRANSFORMATION

2023



ABOUT US

We are about empowering leading leaders and ladies to "*Identify, Heal, and THRIVE*" in their true, authentic selves as ordained by God, through mental health therapy, inner healing and healthy communication coaching, so that they can live a whole, successful, and prosperous life!

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**YOU'VE
GOT THIS**