

# Renewed

DAILY AFFIRMATIONS TO RE-CENTER YOUR FOCUS

## Do You Need C.P.R.?

**Catch:** I have recognized the negative thought

**Pause:** I will stop and reflect on the situation

**Release & Replace:** Determine whether or not I can change the situation. If not, I will release it, and make a conscious decision to replace the negative with a positive moment, thing, or conversation

## Affirmation:

Life will happen, **I have the power to control my actions**-only God has the power to control my destiny

*Coach  
Yolanda*

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## **You Must Let Go In Order to Hang On!**

Fear of the unknown can sometimes cripple us and it becomes a barrier to success, naturally and spiritually. We must become confident enough in ourselves that we are ok with letting go. If we refuse to let go of our past (people, places, relationships) offence, we become separated from the promises of God.....

**Leave it Be-HIND or you will BE-HIND-ERED**

**Affirmation:**

**I can and I will let go of what was, and hold on to what's best for me**

*Coach  
Yolanda*

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## **Keeping it REAL will keep you BOUND**

As we groom our character, we come to the realization that everything thing we experience in life may not feel good or look good, but it's for our good.

When we learn how to BE QUIET and observe, we learn how to grow while we glow  
Silence Speaks Volumes

### **Affirmation:**

**I will learn and exercise self control**

*Coach  
Yolanda*