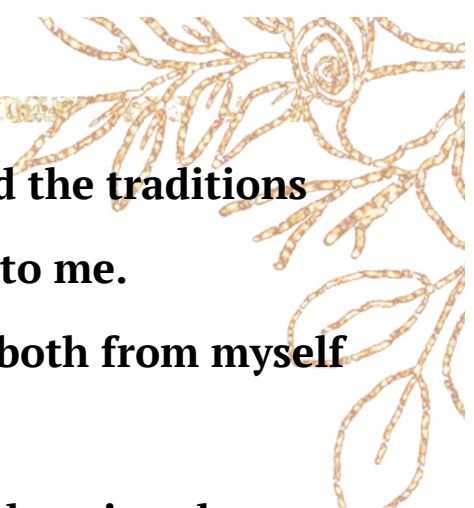


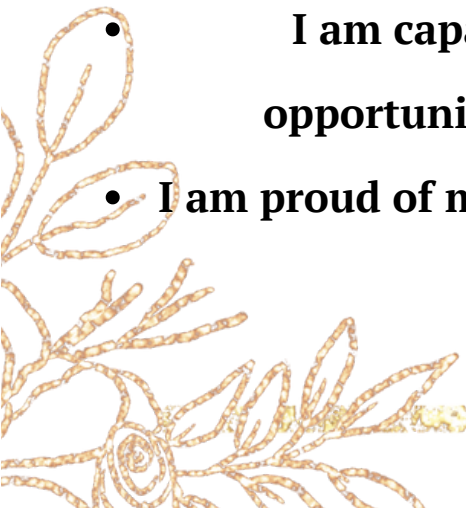
100+Positive Affirmation

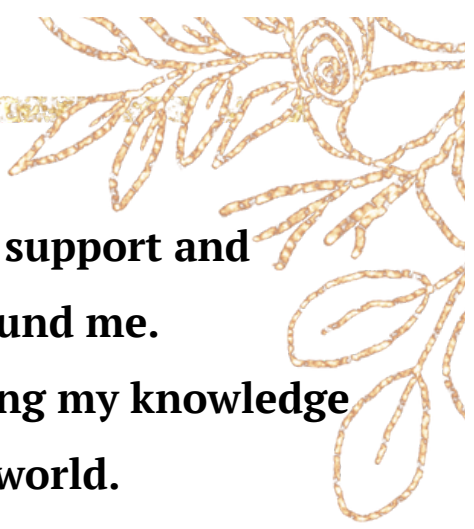
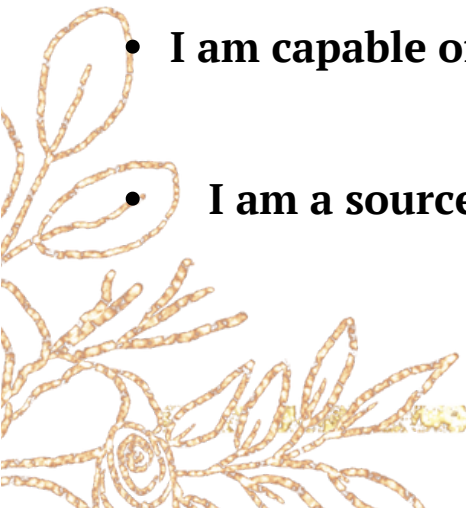
For Black Women

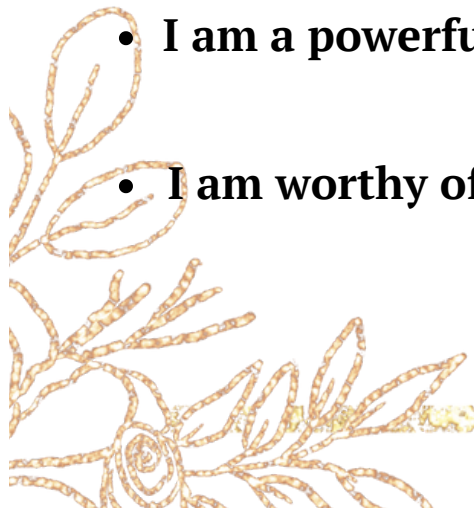


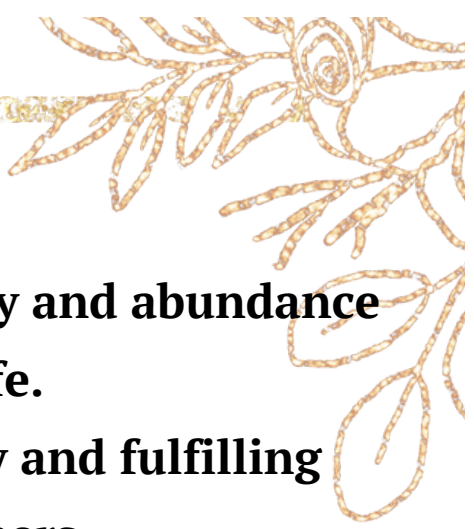
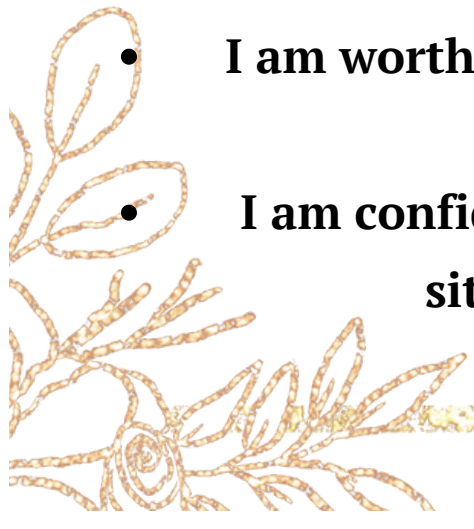
This Book Belongs To

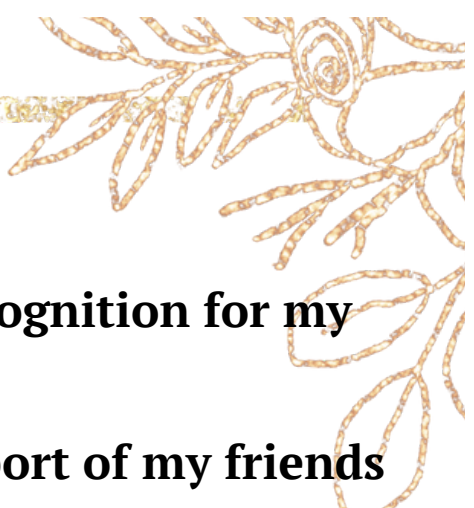
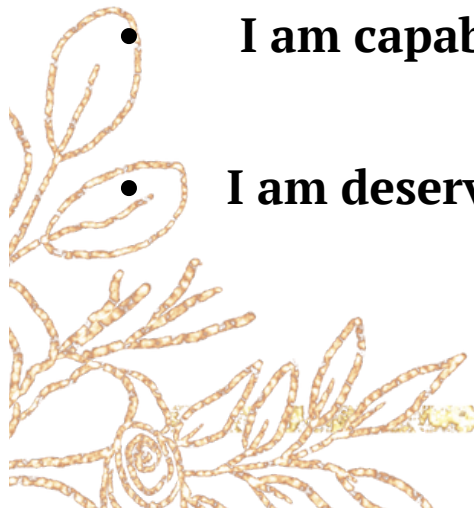
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- I am proud of my cultural identity and the traditions that have been passed down to me.
 - I am deserving of love and acceptance, both from myself and others.
 - I am a trailblazer, breaking barriers and paving the way for future generations.
 - I am grateful for the lessons I have learned along my journey, as they have made me stronger and wiser.
 - I am surrounded by abundance and prosperity in all areas of my life.
 - I am empowered to make a positive impact on the world and create change.
 - I am worthy of forgiveness, healing, and inner peace.
 - I am committed to living a life that aligns with my values and purpose.

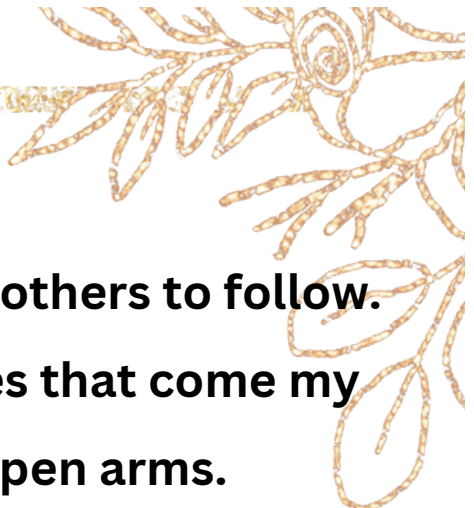
- I am capable of turning my challenges into opportunities for growth and transformation.
 - I am proud of my individuality and the unique gifts that I bring to the world.
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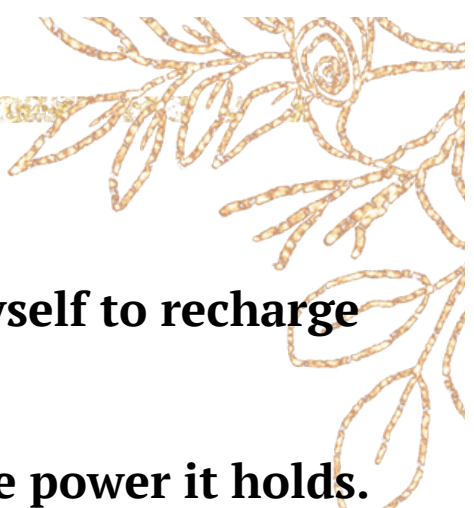
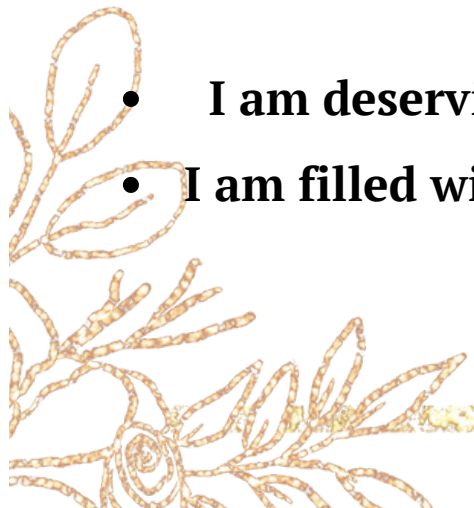
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- **I am filled with gratitude for the support and encouragement of those around me.**
 - **I am constantly learning and expanding my knowledge and understanding of the world.**
 - **I am deserving of self-love and self-care to nurture my mind, body, and soul.**
 - **I am resilient and can bounce back from any setback or obstacle.**
 - **I am a masterpiece, constantly evolving and becoming more beautiful with each passing day.**
 - **I am confident in my ability to create a life filled with joy, fulfillment, and purpose.**
 - **I am confident in my identity and embrace all aspects of myself.**
 - **I am deserving of success and prosperity in all areas of my life.**
 - **I am capable of creating a life filled with joy, abundance, and purpose.**
 - **I am a source of inspiration and motivation for those around me.**
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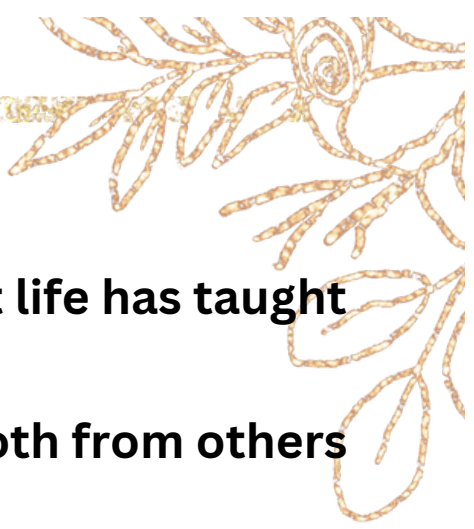
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- I am grateful for my unique gifts and talents that I share with the world.
 - I am deserving of love and positive relationships in my life.
 - I am proud of my accomplishments and the hard work that got me there.
 - I am committed to my personal growth and development.
 - I am deserving of rest and self-care to recharge and rejuvenate.
 - I am resilient and can overcome any obstacle that comes my way.
 - I am filled with gratitude for the blessings in my life, big and small.
 - I am deserving of equal treatment and opportunities as anyone else.
 - I am a powerful force for change and making a positive impact in the world.
 - I am worthy of respect and admiration for my strength and courage.
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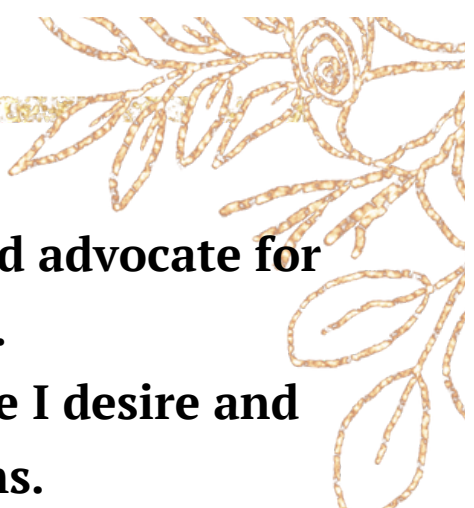
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- I am surrounded by positive energy and abundance in all areas of my life.
 - I am capable of creating healthy and fulfilling relationships with others.
 - I am proud of my heritage and culture, and all that it represents.
 - I am worthy of taking up space and being seen and heard.
 - I am constantly growing and evolving into the best version of myself.
 - I am deserving of all the good things that life has to offer.
 - I am capable of achieving my goals and dreams.
 - I am proud of my strength and resilience in the face of challenges.
 - I am worthy of love, kindness, and compassion from myself and others.
 - I am confident in my abilities to navigate any situation that comes my way.
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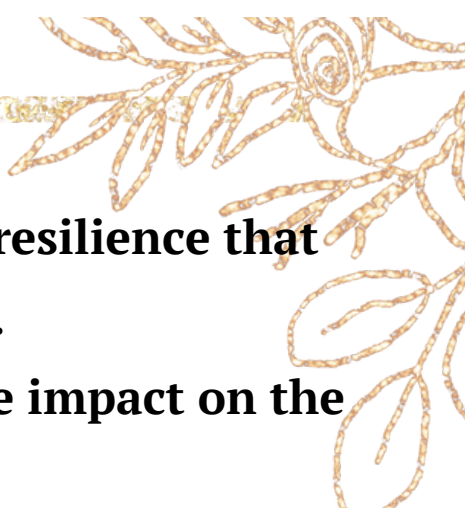
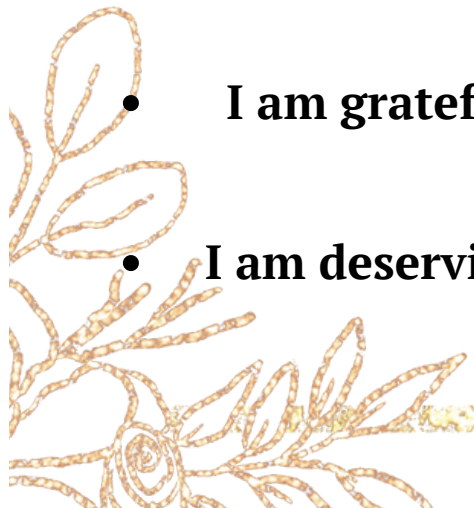
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- I am deserving of respect and recognition for my achievements.
 - I am grateful for the love and support of my friends and family.
 - I am worthy of investing in myself and my personal growth.
 - I am capable of making a difference in the world.
 - I am a beautiful and unique individual with so much to offer.
 - I am deserving of positive and healthy relationships.
 - I am proud of my cultural identity and the rich history it represents.
 - I am empowered to speak my truth and stand up for what I believe in.
 - I am capable of overcoming fear and doubt to pursue my dreams.
 - I am deserving of success and abundance in all areas of my life.

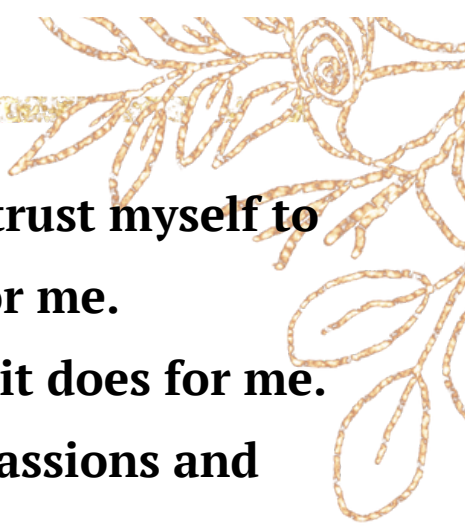
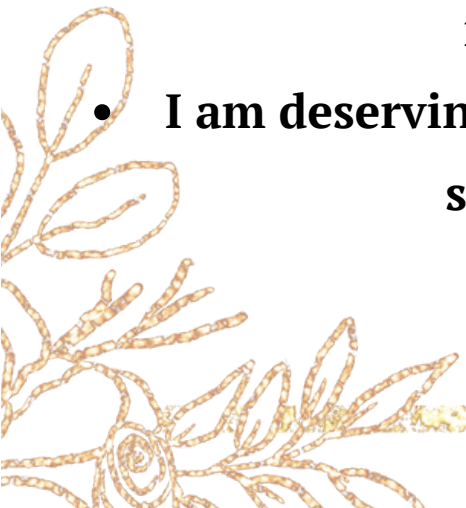
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- I am a leader and a role model for others to follow.
 - I am grateful for the opportunities that come my way and I seize them with open arms.
 - I am constantly learning and growing to become the best version of myself.
 - I am deserving of self-acceptance and self-love.
 - I am proud of my accomplishments and the progress I've made.
 - I am capable of creating the life of my dreams and I deserve it.
 - I am grateful for my unique beauty, inside and out.
 - I am deserving of positive and supportive friendships.
 - I am proud of my heritage and the history of my ancestors.
 - I am capable of making a positive impact on the world.

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- **I am worthy of taking time for myself to recharge and rest.**
 - **I am confident in my voice and the power it holds.**
 - **I am deserving of love and affection from those around me.**
 - **I am committed to creating a life filled with joy and happiness.**
 - **I am worthy of respect and dignity in all areas of my life.**
 - **I am empowered to create positive change in my community and beyond.**
 - **I am proud of my accomplishments, big and small.**
 - **I am capable of achieving my goals and reaching my fullest potential.**
 - **I am deserving of success and financial stability.**
 - **I am filled with inner strength and courage to face any challenge.**
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- I am grateful for the lessons that life has taught me.
 - I am deserving of forgiveness, both from others and myself.
 - I am proud of my individuality and the unique qualities that make me who I am.
 - I am capable of creating meaningful and fulfilling relationships with others.
 - I am worthy of setting healthy boundaries and saying no when needed.
 - I am empowered to embrace my authenticity and live life on my terms.
 - I am grateful for the opportunities that come my way and I make the most of them.
 - I am worthy of taking up space and expressing myself fully.
 - I am confident in my abilities to handle any challenge that comes my way.
 - I am deserving of happiness and fulfillment in all aspects of my life.
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- **I am empowered to speak up and advocate for myself and others.**
 - **I am capable of creating the life I desire and achieving my dreams.**
 - **I am proud of my cultural heritage and the unique perspective it brings.**
 - **I am deserving of respect, kindness, and empathy from those around me.**
 - **I am committed to my personal growth and development.**
 - **I am capable of overcoming any obstacle and rising to any occasion.**
 - **I am worthy of love and affection, both from others and myself.**
 - **I am grateful for the blessings in my life and I cherish them.**
 - **I am deserving of healthy and fulfilling relationships.**
 - **I am empowered to embrace my creativity and express myself authentically.**
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- I am proud of the strength and resilience that resides within me.
 - I am capable of making a positive impact on the world around me.
 - I am worthy of taking care of myself and prioritizing my well-being.
 - I am grateful for the opportunities to learn and grow from my mistakes.
 - I am deserving of success and abundance in all areas of my life.
 - I am empowered to celebrate my achievements and successes, big and small.
 - I am worthy of taking time for myself to rest and recharge.
 - I am capable of creating a positive impact on the world around me.
 - I am grateful for the support and love I receive from those around me.
 - I am deserving of a fulfilling and purposeful life.

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- **I am confident in my abilities and trust myself to make the best decisions for me.**
 - **I am proud of my body and all that it does for me.**
 - **I am empowered to pursue my passions and interests.**
 - **I am deserving of recognition and appreciation for my hard work and achievements.**
 - **I am capable of achieving my goals and aspirations.**
 - **I am grateful for the love and support of my ancestors, who paved the way for me.**
 - **I am worthy of experiencing joy and happiness in my life.**
 - **I am confident in my unique talents and gifts.**
 - **I am committed to creating a life that aligns with my values and beliefs.**
 - **I am deserving of respect and admiration for my strength and resilience.**
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