



# NOURISH YOUR SPIRIT

## *A Guide to Daily Affirmations* for Building Self-Love and Confidence



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**Self-love is** caring for and appreciating yourself physically, emotionally, and spiritually. It requires recognising your value, displaying kindness to yourself, and prioritising your wellbeing.

**Self-love involves** identifying your strengths and weaknesses while developing a positive and supportive relationship with yourself.



Individuals with obsessive compulsive disorder (OCD) and mental health concerns often struggle with self-love due to the nature of their symptoms and the emotional challenges they face. Intrusive thoughts, intense anxiety, and repetitive behaviours or rituals are common aspects of OCD that can negatively impact one's sense of self-worth, making self-love challenging to achieve.

**Welcome and Congratulations** on downloading Nourish Your Spirit, your free guide to daily affirmations for building self-love and confidence.

This guide was created with those living with OCD in mind. However, it's beneficial for anyone seeking to improve their self-love.

Over the following few pages, I will share educational information about self-love, its importance for mental wellness, and how affirmations may improve it. I will also provide you with a step-by-step guide on how to create and implement positive affirmations.

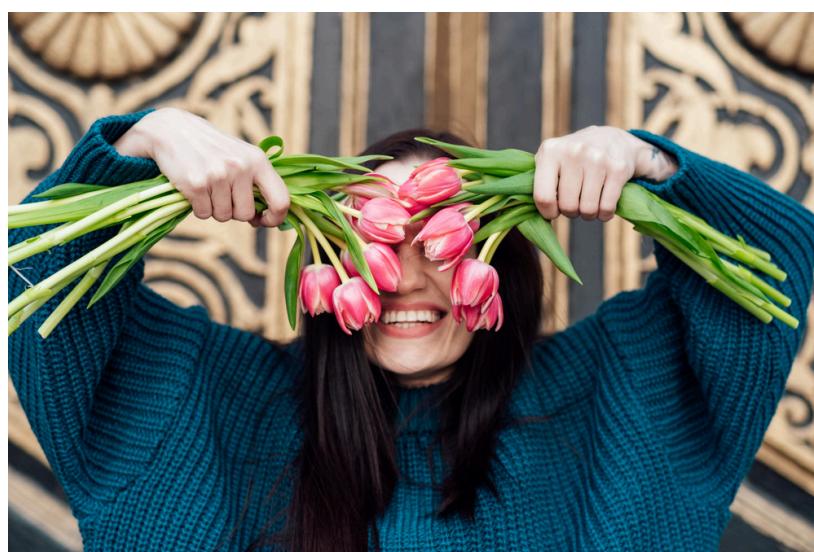


I am, Janaya, a degree-qualified Naturopathic Practitioner and the director of Janaya Karloci Naturopath in Australia. I also have OCD and have been managing my symptoms for approximately one year, at the time of writing of this guide. My journey to recovery was lengthy and challenging, but with the help of various tools, including medication, psychotherapy with an OCD specialist, and holistic naturopathic modalities, I now manage my OCD and am living a life beyond my imagination. If you'd like to find out more about me, my recovery journey, Janaya Karloci Naturopath Pty Ltd or using naturopathy as one of the ways to support your OCD and mental wellness, please visit my website: [www.janayakarlocinaturopath.com.au](http://www.janayakarlocinaturopath.com.au).

*Let's Dive In!*



**Building self-love is an essential** step in the recovery journey for individuals with OCD. It can help to manage emotional strain and empower active participation in recovery, reducing self-stigma. Self-love also contributes to overall wellbeing by engaging in self-care activities, setting boundaries, and fostering positive relationships, making it a powerful remedy to some of the challenges of OCD.



**Affirmations** are positive statements or phrases individuals repeat to themselves to foster a positive mindset and promote personal development. They are a powerful tool often used in various therapeutic practices, including naturopathy, with the understanding that affirmations may benefit one's mental and emotional wellbeing. For women with OCD, incorporating affirmations into their daily routine may be especially helpful for promoting self-love and symptom management.

# Let's Do It

HERE IS YOUR STEP-BY-STEP GUIDE ON HOW TO  
IMPLEMENT POSITIVE AFFIRMATIONS.

## Step 1.

**Identify Your Specific Goals or Challenges:** Identify specific goals, challenges, or areas of your life that you want to focus on. This could be related to managing your OCD, building your self-esteem, reducing anxiety, or any other aspect of personal development.

Example:- Resisting compulsions, being present, embracing uncertainty

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## Step 2.

**Create Positive and Personalised Statements:** Craft positive affirmations that are personalised and meaningful to you. Ensure that the statements are in the present tense, positive, and framed as if the desired outcome has already been achieved.

**Example** "I embrace uncertainty as a natural part of life, and I am strong in the face of it."

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## Step 3.

**Establish a Routine:** Set aside dedicated time each day to practice your affirmations. Consistency is key, so choose a time that fits well into your daily routine.

**Example** "I will dedicate time for my affirmations after my morning and nightly shower and everytime I enter the bathroom"

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## Step 4.

**Repeat Regularly:** Repeat your affirmations consistently. Repetition is crucial for creating new neural pathways and reinforcing positive beliefs. You can say them out loud, write them down, or even create visual reminders like sticky notes.



## Step 5.

### Track Progress and Celebrate Success:

Keep a journal to monitor your progress. Record any positive shifts in your thoughts, emotions, or actions.

Acknowledge and celebrate small achievements as you progress, using them as inspiration to sustain your affirmation routine.



I hope you enjoyed my free guide to daily affirmations for building self-love and confidence. I hope that you were able to craft one or two personalised and meaningful affirmations that you can integrate into your daily routine over the coming weeks.

### **Discover More About Me and My Services**

If you're interested in learning more about me, my profession, and how we can collaborate, visit my website at [www.janayakarlocinaturopath.com.au](http://www.janayakarlocinaturopath.com.au)



### *Reminder*

Implementing positive affirmations is a gradual process, and their impact may vary from person to person. Consistency, belief, and a genuine commitment to the practice are essential for maximising the benefits of affirmations in promoting self-love and overall wellbeing.

Enjoy your journey to a more peaceful, fulfilled, and empowered life.



The content in this document is for educational purposes only and should not be taken as professional health advice. Before making any changes to your diet and lifestyle, including medications, supplements and/or embarking on a new exercise regime, it is essential that you first consult with your personal qualified health professional.

If you want to know more about me, Janaya Karloci Naturopath or Naturopathy, please visit my website at [www.janayakarlocinaturopath.com.au](http://www.janayakarlocinaturopath.com.au)

If you have any questions, or would like to work with me please email me at [wellness@janayakarlocinaturopath.com.au](mailto:wellness@janayakarlocinaturopath.com.au)

Janaya Karloci

NATUROPATH & DIRECTOR

📞 +61 415 575 788

✉️ [wellness@janayakarlocinaturopath.com.au](mailto:wellness@janayakarlocinaturopath.com.au)

🌐 [www.janayakarlocinaturopath.com.au](http://www.janayakarlocinaturopath.com.au)

📍 NSW, Australia



JANAYA KARLOCI  
Naturopath