



Awaken:
Daily Affirmations for
Midlife Power



Repeat these
affirmations
daily.

Say Them out
loud, write them
down...

Let them root into your truth.



Positive Female Awakening



I am not broken -
I am awakening.

I honor the wisdom I've
earned and the woman I
am becoming.



Midlife is not my ending
- it is my rise.