

GIRL, YOU'RE THE SHIFT



AFFIRMATIONS AND JOURNAL PROMPTS
TO
ALIGN, ATTRACT, & OVERFLOW

BY: DR. DASHIA

Welcome Queen!

You didn't just pick up this journal — you answered a call. A call to realign, to reflect, and to remember who you are. These next 90 days aren't just about setting goals or checking boxes. They're about shifting from the inside out.

You're walking into a season where healing meets strategy, where purpose meets power, and where overflow is not just possible — it's promised.

This journal is your sacred space. Use it to speak life, to ask deep questions, to cry, to celebrate, and to dream out loud.

And remember: this isn't about doing more. It's about becoming more aligned with the woman God already called you to be. Let this be your turning point.

With purpose & power,

Dr. Dashia

WHAT'S SHE'S ON PURPOSE

She's on Purpose is a transformative movement committed to empowering women to break free from limiting beliefs and unlock their full potential. Founded by Dr. Dashia, we believe every woman possesses the power to live with purpose, passion, and fulfillment.

Our mission is to guide women through self-discovery, helping them embrace their true selves and activate their unique purpose. Whether you're seeking clarity, reigniting passion, or ready to take bold steps toward a more purposeful life, She's on Purpose is here to walk with you, offering the support and tools you need to thrive every step of the way.



DEAR ME-A LETTER TO BEGIN

Write a letter to the woman you are right now — who she's been, what she's survived, and what she's ready to walk into.

Who are you becoming?

What are you releasing?

What do you believe about your identity and purpose?

What do you need to forgive yourself for?

What do you want to say to your future self?

With love, grace, and truth — I got you.

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PRAYER REQUEST AND INTENTIONS

Use this page to lay your requests before God. Be honest. Be open. Be expectant.

"Cast all your anxiety on Him because He cares for you." — 1 Peter 5:7

WEEK 1

JEREMIAH 29:11 – 'FOR I KNOW THE PLANS I HAVE FOR YOU'

What areas of my life feel most in alignment this week? Where do I feel resistance, and what is it trying to teach me?

AFFIRMATION

I AM GROUNDED IN PURPOSE AND LED BY DIVINE INTENTION.

"I CAN BE CHANGED BY WHAT HAPPENS TO ME. BUT I REFUSE TO BE REDUCED BY IT." — MAYA ANGELOU

How am I welcoming overflow into my mindset, finances, and faith journey right now?

WEEK 2

ROMANS 8:28 – 'ALL THINGS WORK TOGETHER FOR GOOD'

What areas of my life feel most in alignment this week? Where do I feel resistance, and what is it trying to teach me?

AFFIRMATION

MY HEALING IS SACRED, AND MY GROWTH IS UNSTOPPABLE.

“WHEN I DARE TO BE POWERFUL... TO USE MY STRENGTH IN THE SERVICE OF MY VISION, THEN IT BECOMES LESS AND LESS IMPORTANT WHETHER I AM AFRAID.” — AUDRE LORDE

How am I welcoming overflow into my mindset, finances, and faith journey right now?

WEEK 3

PROVERBS 19:21 – 'MANY ARE THE PLANS IN A PERSON'S HEART'

What areas of my life feel most in alignment this week? Where do I feel resistance, and what is it trying to teach me?

AFFIRMATION

I RELEASE WHAT NO LONGER SERVES ME AND MAKE ROOM FOR OVERFLOW.

“THE ONLY WAY TO DEAL WITH THIS LIFE MEANINGFULLY IS TO FIND YOUR PURPOSE AND WALK IN IT.” — IYANLA VANZANT

How am I welcoming overflow into my mindset, finances, and faith journey right now?

WEEK 4

PSALM 37:4 – 'DELIGHT YOURSELF IN THE LORD'

What areas of my life feel most in alignment this week? Where do I feel resistance, and what is it trying to teach me?

AFFIRMATION
EVERY STEP I TAKE IS ALIGNED WITH WHO GOD SAYS I AM.

**“THERE IS NO GREATER AGONY THAN BEARING AN UNTOLD STORY
INSIDE YOU.” — MAYA ANGELOU**

How am I welcoming overflow into my mindset, finances, and faith journey right now?

WEEK 5

ISAIAH 43:19 – 'SEE, I AM DOING A NEW THING'

What areas of my life feel most in alignment this week? Where do I feel resistance, and what is it trying to teach me?

AFFIRMATION

I AM WORTHY OF ABUNDANCE, PEACE, AND RADICAL JOY.

**“WHEN YOU KNOW WHO YOU ARE, YOU DON’T HAVE TO CHASE
VALIDATION.” — MICHELLE OBAMA**

How am I welcoming overflow into my mindset, finances, and faith journey right now?

WEEK 6

PHILIPPIANS 1:6 – 'HE WHO BEGAN A GOOD WORK'

What areas of my life feel most in alignment this week? Where do I feel resistance, and what is it trying to teach me?

AFFIRMATION

I TRUST THE TIMING OF MY LIFE — NOTHING IS DELAYED, ONLY DIVINE.

“DON'T WAIT AROUND FOR OTHER PEOPLE TO BE HAPPY FOR YOU. ANY HAPPINESS YOU GET, YOU'VE GOT TO MAKE YOURSELF.” — ALICE WALKER

How am I welcoming overflow into my mindset, finances, and faith journey right now?

WEEK 7

2 CORINTHIANS 9:8 – 'AND GOD IS ABLE TO BLESS YOU ABUNDANTLY'

What areas of my life feel most in alignment this week? Where do I feel resistance, and what is it trying to teach me?

AFFIRMATION

**MY VOICE IS POWERFUL, MY STORY IS NECESSARY, AND MY FUTURE
IS BRIGHT.**

**"YOU MAY NOT CONTROL ALL THE EVENTS THAT HAPPEN TO YOU,
BUT YOU CAN DECIDE NOT TO BE REDUCED BY THEM." — MAYA
ANGELOU**

How am I welcoming overflow into my mindset, finances, and faith journey right now?

WEEK 8

MATTHEW 6:33 – 'SEEK FIRST THE KINGDOM'

What areas of my life feel most in alignment this week? Where do I feel resistance, and what is it trying to teach me?

AFFIRMATION

I ATTRACT WHAT ALIGNS WITH MY FAITH, PURPOSE, AND VISION.

“FIND THE SWEETNESS IN YOUR OWN HEART, THEN YOU MAY FIND THE SWEETNESS IN EVERY HEART.” — RUMI

How am I welcoming overflow into my mindset, finances, and faith journey right now?

WEEK 9

PROVERBS 3:5-6 – 'TRUST IN THE LORD WITH ALL YOUR HEART'

What areas of my life feel most in alignment this week? Where do I feel resistance, and what is it trying to teach me?

AFFIRMATION

I AM NOT BEHIND — I AM BUILDING SOMETHING ETERNAL.

“SERVICE IS THE RENT WE PAY FOR THE PRIVILEGE OF LIVING ON THIS EARTH.” — SHIRLEY CHISHOLM

How am I welcoming overflow into my mindset, finances, and faith journey right now?

WEEK 10

EPHESIANS 3:20 – 'NOW TO HIM WHO IS ABLE TO DO IMMEASURABLY MORE'

What areas of my life feel most in alignment this week? Where do I feel resistance, and what is it trying to teach me?

AFFIRMATION
I GIVE MYSELF PERMISSION TO SHINE WITHOUT APOLOGY.

**“I’M NOT AFRAID OF STORMS, FOR I’M LEARNING HOW TO SAIL MY
SHIP.” — LOUISA MAY ALCOTT**

How am I welcoming overflow into my mindset, finances, and faith journey right now?

WEEK 11

HEBREWS 11:1 – 'NOW FAITH IS CONFIDENCE IN WHAT WE HOPE FOR'

What areas of my life feel most in alignment this week? Where do I feel resistance, and what is it trying to teach me?

AFFIRMATION

I AM DEEPLY LOVED, WILDLY CAPABLE, AND CHOSEN FOR THIS MOMENT.

“YOU HAVE TO KNOW WHAT SPARKS THE LIGHT IN YOU SO THAT YOU, IN YOUR OWN WAY, CAN ILLUMINATE THE WORLD.” — OPRAH WINFREY

How am I welcoming overflow into my mindset, finances, and faith journey right now?

WEEK 12

JOHN 15:5 – 'I AM THE VINE; YOU ARE THE BRANCHES'

What areas of my life feel most in alignment this week? Where do I feel resistance, and what is it trying to teach me?

AFFIRMATION

I WALK BOLDLY INTO OVERFLOW — I AM HER, I'VE ALWAYS BEEN HER.

“YOU ARE YOUR BEST THING.” — TONI MORRISON

How am I welcoming overflow into my mindset, finances, and faith journey right now?

DEAR ME-A LETTER 90 DAYS LATER

Now that you've made the SHIFT — write a letter to the woman you've become.

What shifted in you?

What did you discover about your worth, your voice, and your faith?

What are you proud of?

What are you speaking into existence now?

With faith and fire — keep going, Queen.

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90-DAY DECLARATION OF OVERFLOW

Repeat this prayer

God, I thank You for these past 90 days. I release everything that no longer aligns with the woman I'm becoming, and I receive the overflow You've prepared for me.

I declare that I am whole, healed, and held. I walk in divine timing, supernatural clarity, and abundant provision.

My purpose is anchored. My identity is unshaken. My future is secured in You.

My next season is drenched in favor, flow, and faith.

In Jesus' name — Amen.

I am aligned. I am attracting all that I desire. I am overflowing.



I pray you took your time through this journal and learned a little more about yourself. Remember this life is a journey through purpose.

WANNA LEARN MORE?



SCHEDULE A FREE CALL
www.drdashia.com