



MINDSET M^MAKEOVER ANTRAS

70 Affirmations to Shift Your Mindset

KAREN GLAPION STAMPLEY

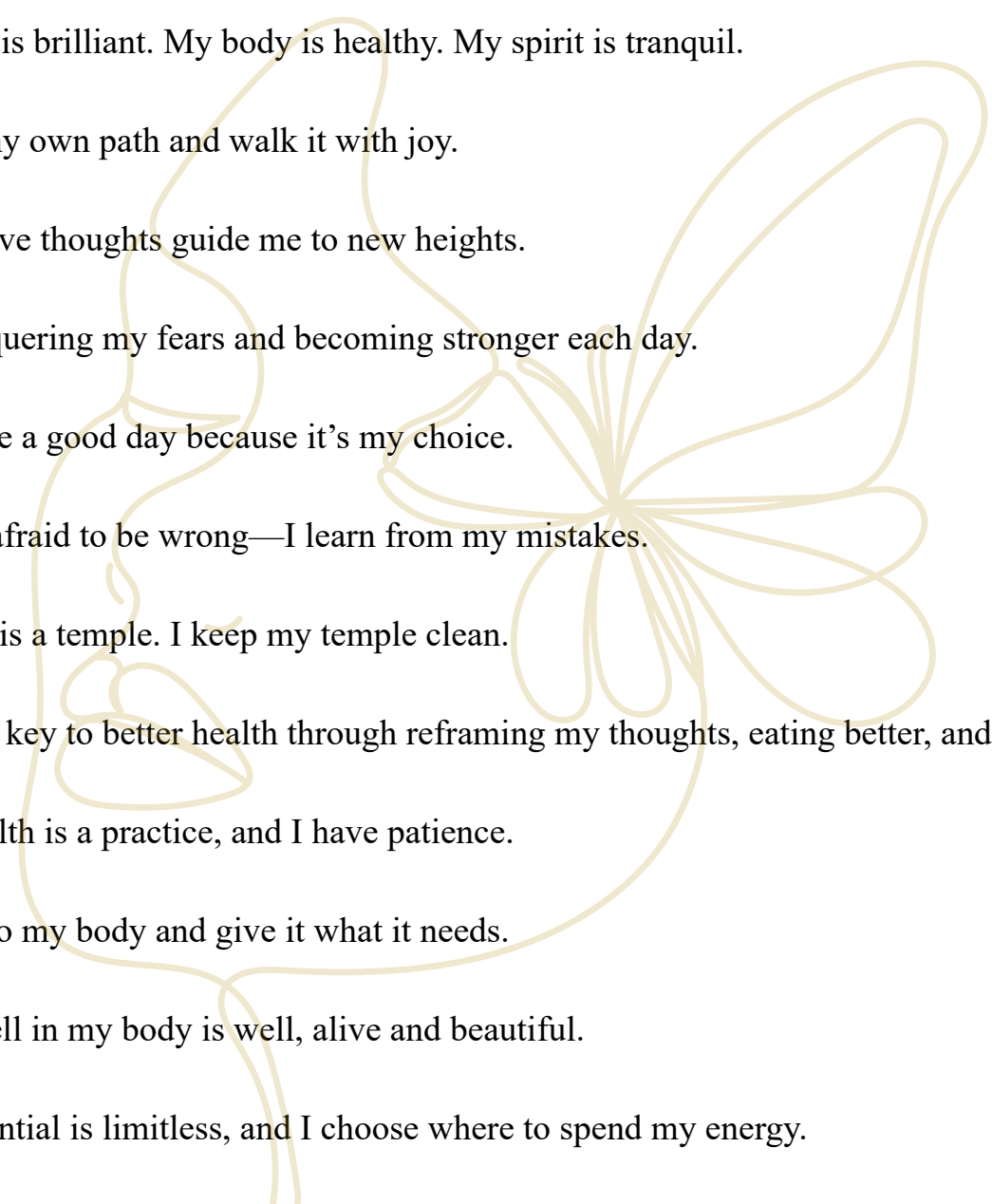
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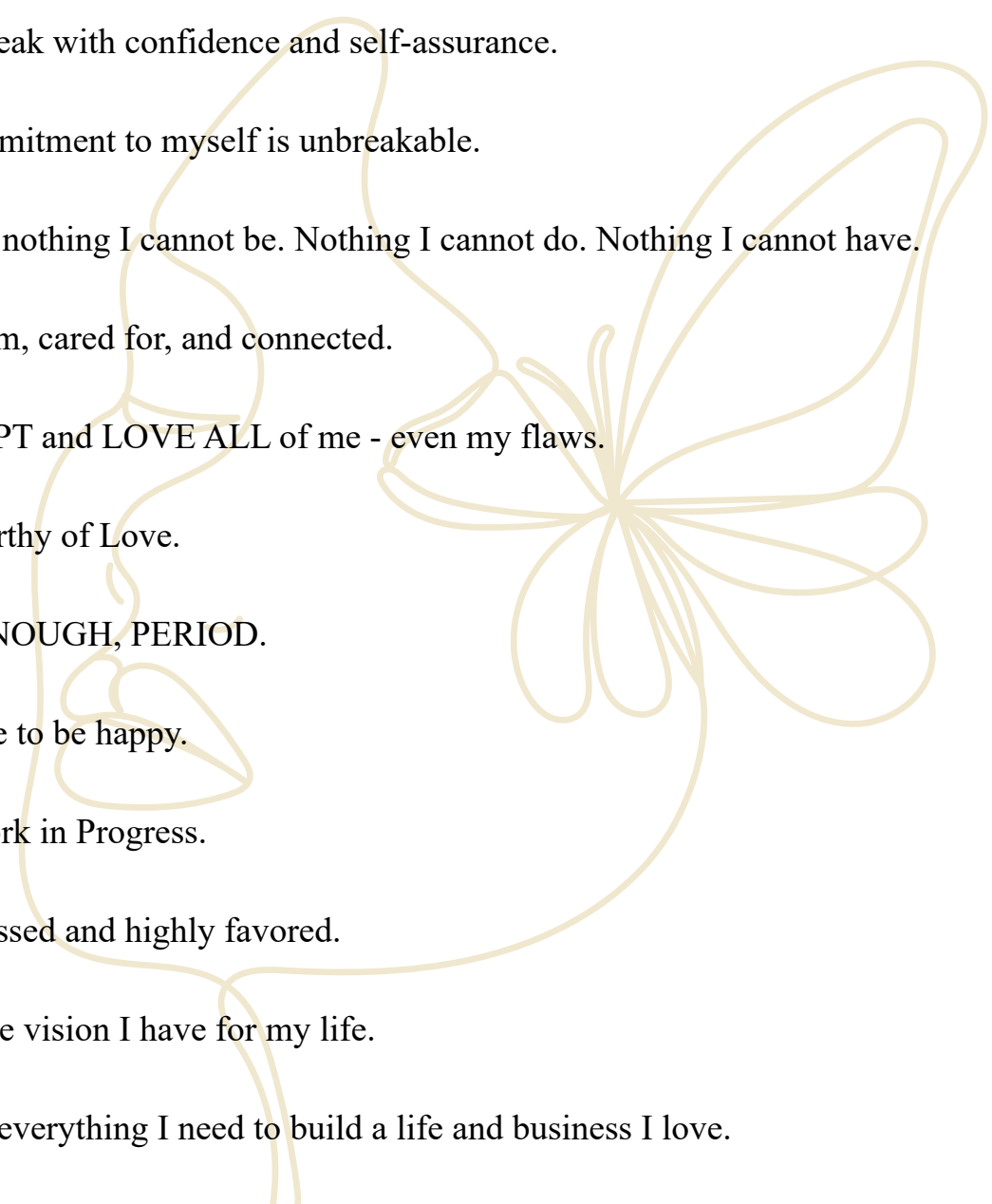
By Karen Glapion Stampley



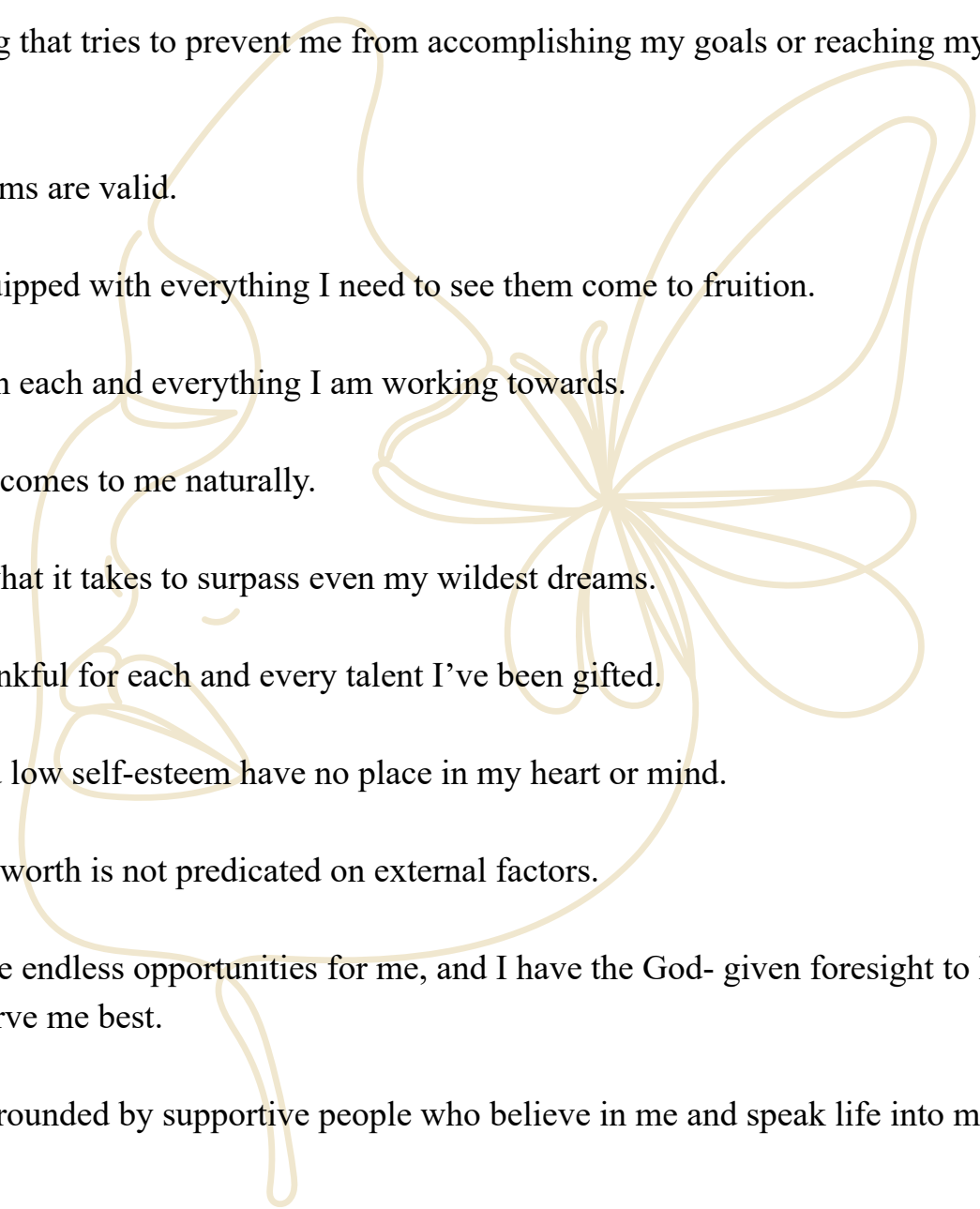


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1. My mind is brilliant. My body is healthy. My spirit is tranquil.
 2. I create my own path and walk it with joy.
 3. My positive thoughts guide me to new heights.
 4. I am conquering my fears and becoming stronger each day.
 5. I will have a good day because it's my choice.
 6. I am not afraid to be wrong—I learn from my mistakes.
 7. My body is a temple. I keep my temple clean.
 8. I hold the key to better health through reframing my thoughts, eating better, and exercising.
 9. Good health is a practice, and I have patience.
 10. I listen to my body and give it what it needs.
 11. Every cell in my body is well, alive and beautiful.
 12. My potential is limitless, and I choose where to spend my energy.
 13. While I support others, I also ask for help when needed.
 14. I surrender my will having faith in the higher power and ultimate goodwill.

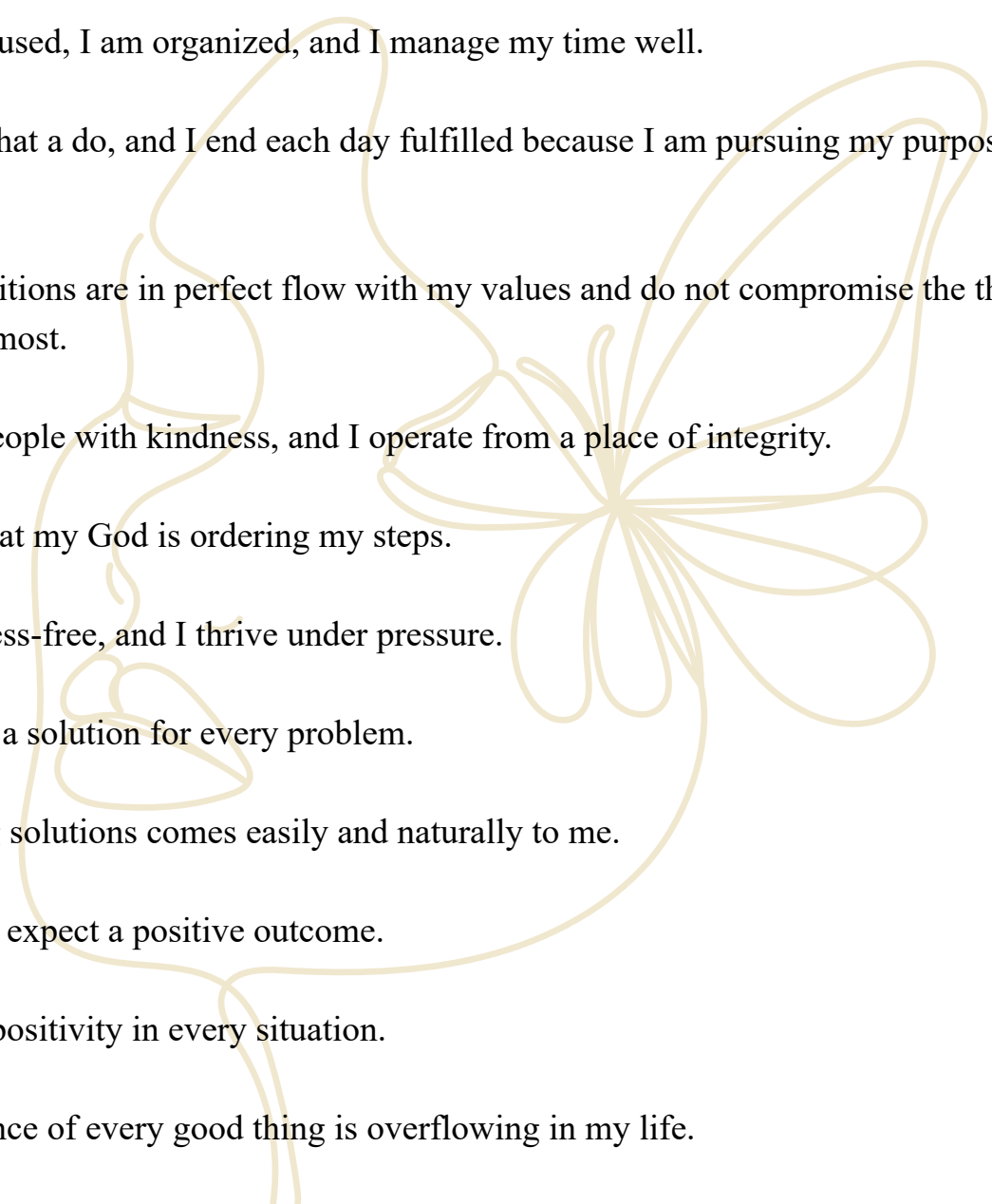


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15. I will speak with confidence and self-assurance.
 16. My commitment to myself is unbreakable.
 17. There is nothing I cannot be. Nothing I cannot do. Nothing I cannot have.
 18. I am calm, cared for, and connected.
 19. I ACCEPT and LOVE ALL of me - even my flaws.
 20. I am worthy of Love.
 21. I AM ENOUGH, PERIOD.
 22. I deserve to be happy.
 23. I'm a work in Progress.
 24. I am blessed and highly favored.
 25. I trust the vision I have for my life.
 26. I attract everything I need to build a life and business I love.
 27. My ideas are true, authentic, and uniquely special to me.
 28. I've been gifted with clarity of thought and purpose

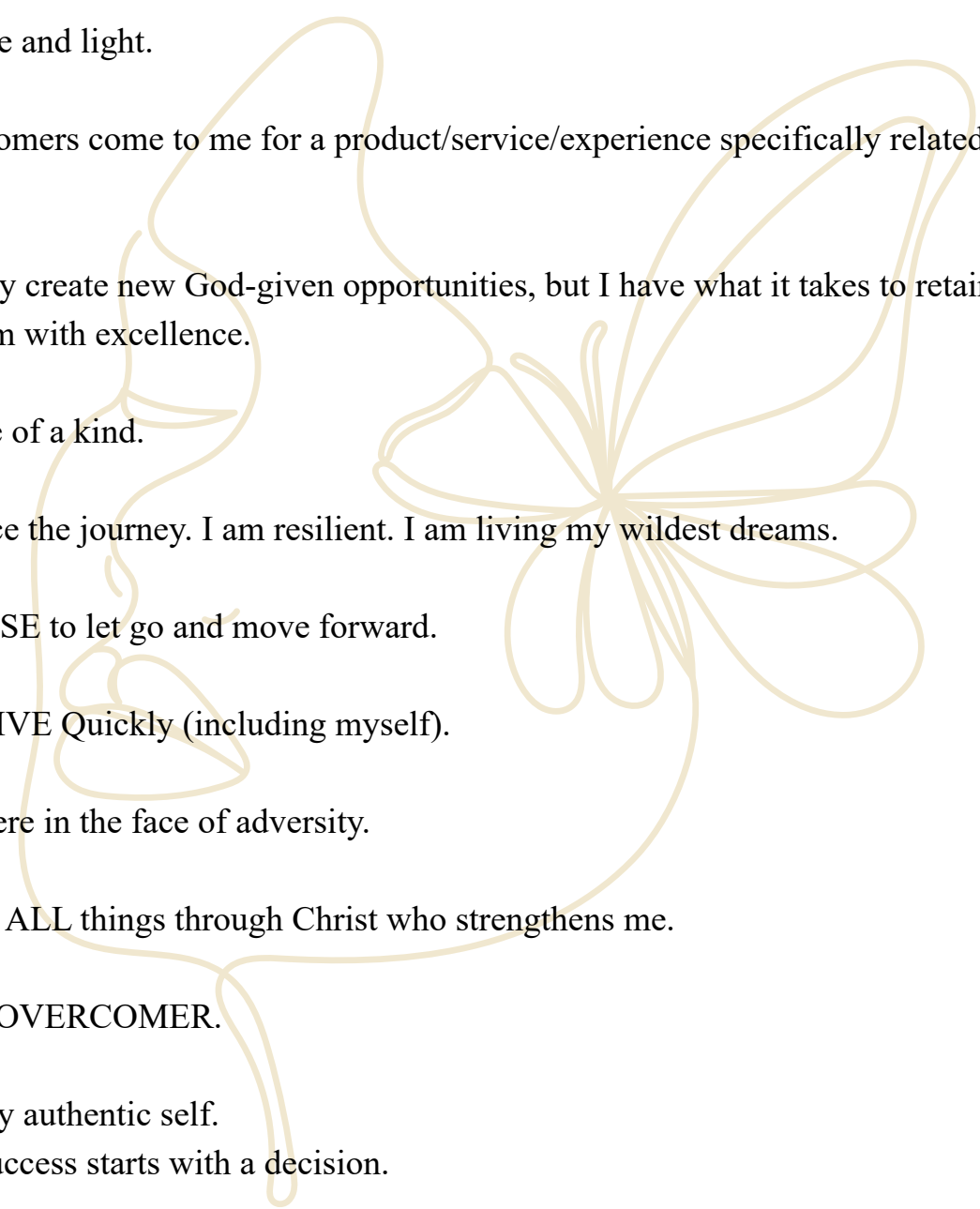


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29. Anything that tries to prevent me from accomplishing my goals or reaching my targets will fail.
30. My dreams are valid.
31. I am equipped with everything I need to see them come to fruition.
32. I excel in each and everything I am working towards.
33. Success comes to me naturally.
34. I have what it takes to surpass even my wildest dreams.
35. I am thankful for each and every talent I've been gifted.
36. Fear and low self-esteem have no place in my heart or mind.
37. My self-worth is not predicated on external factors.
38. There are endless opportunities for me, and I have the God- given foresight to know which ones will serve me best.
39. I am surrounded by supportive people who believe in me and speak life into me and my vision.
40. I have all the resources I need.
41. I operate from a place of abundance.



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42. I am focused, I am organized, and I manage my time well.
43. I love what I do, and I end each day fulfilled because I am pursuing my purpose and my calling.
44. My ambitions are in perfect flow with my values and do not compromise the things or the ones I love most.
45. I treat people with kindness, and I operate from a place of integrity.
46. I trust that my God is ordering my steps.
47. I am stress-free, and I thrive under pressure.
48. There is a solution for every problem.
49. Creating solutions comes easily and naturally to me.
50. I always expect a positive outcome.
51. I speak positivity in every situation.
52. Abundance of every good thing is overflowing in my life.
53. I am committed to making the world a better place by staying true to the things that matter most to me and my calling.
54. I am thankful for the wealth I am building and each and every financial windfall.



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55. I am love and light.
56. My customers come to me for a product/service/experience specifically related to my gifts and talents.
57. I not only create new God-given opportunities, but I have what it takes to retain them and manage them with excellence.
58. I am one of a kind.
59. I embrace the journey. I am resilient. I am living my wildest dreams.
60. I CHOOSE to let go and move forward.
61. I FORGIVE Quickly (including myself).
62. I persevere in the face of adversity.
63. CAN do ALL things through Christ who strengthens me.
64. I am an OVERCOMER.
65. I love my authentic self.
66. Every success starts with a decision.
67. I CHOOSE to FINISH my goals... It will get done.
68. I am a smart, powerful woman. I've got this.



69. I step into my power regardless of how I feel or what anyone else thinks.

70. I AM ENOUGH. PERIOD.





Hello, Sunshine!



KAREN GLAPION STAMPLEY
BELIEF THERAPIST & MINDSET MAKEOVER CHAMPION

E.Y.E A.M. A CHANGE AGENT! A MINDSET MAKEOVER COACH offering Transformational Mindset Makeover's that equips my clients to break the chronic cycles of:

* Self-Sabotage * Deceptions * Self-defeat
* Fear * Limiting Beliefs

My goal is to help you to navigate through the thought processes, deceptions, or strongholds that have mentally held you captive, rendering you incapable of reaching your desired dreams and goals.

Let me help you discover the champion inside of you.



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