



Morning Mantras

**A collection of daily affirmations
for women of color**

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**A COLLECTION OF
AFFIRMATIONS BY
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THIS IS AN OFFERING AND A COACHING TOOL TO HELP YOU BEGIN TO ALIGN YOUR THOUGHTS WITH THE FUTURE YOU WANT TO REALIZE. USING DAILY AFFIRMATIONS HELPS WITH SEVERAL THINGS LIKE:

1. COMBATTING NEGATIVE SELF TALK
AFFIRMATIONS CAN HELP YOU COUNTERACT NEGATIVE MESSAGES AND REPLACE THEM WITH POSITIVE, SELF-AFFIRMING THOUGHTS.

2. BOOSTING SELF ESTEEM -
AFFIRMATIONS CAN HELP YOU RECOGNIZE AND APPRECIATE YOUR UNIQUE QUALITIES AND STRENGTHS. BY FOCUSING ON YOUR POSITIVE ATTRIBUTES, YOU CAN BOOST YOUR SELF-ESTEEM AND CONFIDENCE.

3. CULTIVATING RESILIENCE -
LIFE CAN BE TOUGH SOMETIMES, AND IT'S EASY TO GET DISCOURAGED OR GIVE UP. AFFIRMATIONS CAN HELP YOU CULTIVATE RESILIENCE AND STAY STRONG IN THE FACE OF ADVERSITY.

AFFIRMATIONS ARE NOT A "SILVER BULLET" TO SUDDENLY CAUSE YOU TO THINK DIFFERENTLY ABOUT YOURSELF, BUT JUST LIKE CODING A COMPUTER, THEY GIVE YOU A DIFFERENT AND MORE POSITIVE PROGRAMMING TO REFERENCE WHEN THINKING ABOUT YOUR SELF WORTH AND CAPABILITY.

AFFIRMATIONS CAN BE ROOTED IN SCRIPTURE, POSITIVE BODY IMAGE, OR EVEN THE WORDS OF PEOPLE YOU ADMIRE AND WHOSE MESSAGES INSPIRE YOU. THE ONLY REQUIREMENT IS THAT IT PRODUCES A POSITIVE MENTAL PICTURE OF YOURSELF, YOUR VALUE, AND YOUR POSSIBILITIES.

HERE IS A COLLECTION OF WEEKLY
POSITIVE, SELF AFFIRMING
MANTRAS THAT CAN BEGIN TO
ELEVATE YOUR THOUGHTS OF SELF
LOVE & ACCEPTANCE SO YOU CAN
MORE EASILY REACH YOUR HIGHEST
POTENTIAL IN LIFE.


REMEMBER, AFFIRMATIONS ARE
MOST EFFECTIVE WHEN YOU
PERSONALIZE THEM AND CONNECT
WITH THE EMOTIONS THEY EVOKE.
TAILOR THESE AFFIRMATIONS TO
SUIT YOUR SPECIFIC NEEDS AND
INTENTIONS, AND REPEAT THEM
REGULARLY TO REINFORCE
POSITIVE BELIEFS AND ATTITUDES
IN YOUR SELF AND YOUR
RELATIONSHIPS.



MONDAY:
FOCUS YOUR THOUGHTS.
THERE IS SOMETHING
GOOD IN EVERYTHING.

ELEVATING AFFIRMATIONS

- I am capable of achieving great things.
- I am grateful for the opportunities that come my way.
- I attract blessings, healthy relationships, and opportunities I want.
- I trust my intuition and make wise decisions.
- I am resilient and can overcome any obstacle that comes my way.
- I am daily learning and expanding my knowledge, wisdom, and understanding.
- I attract abundance and prosperity into my life easily.
- I am confident in expressing my authentic self.
- I radiate positive energy and inspire others.
- I choose to see the good in every situation.
- I know that everything that happens to me is working together for my good and my growth.

A top-down view of a minimalist desk with a white background. In the top right, a silver laptop is partially visible. Below it is a white coffee cup filled with dark coffee, sitting on a white saucer with a delicate, star-shaped cutout pattern. To the left of the coffee is a pair of thin, gold-colored glasses. Further left is a small potted succulent with thick, green, rounded leaves. In the center, a white clipboard with a gold-colored clip is positioned diagonally. To the right of the clipboard is a pair of small, gold-colored scissors. In the bottom right corner, there is a round, flat, woven object made of light-colored straw or reeds. A white cable is visible in the bottom left corner.

TUESDAY:
I AM ENOUGH.
I AM NOT TOO
MUCH, AND I AM
NOT DEFICIENT.

WHOLENESS AFFIRMATIONS

- I am whole and complete, nothing broken, nothing missing.
- Who I am is enough to be great and I am already rising in the greatness that is assigned for me.
- I am the legacy of ancestors who were kings and queens, innovators and artisans, priests and priestess, scholars and wise counselors, and the foundation builders of civilization.
- I am created with everything I need and I lack no good thing.
- I am growing into the highest version of myself, and I will achieve it.
- I trust that I have everything I need and what I don't have will be provided at the right time.
- I communicate my thoughts with clarity, balance, and intention.
- I walk in confidence of being the answer for my life's assignment.
- I will become a student of my strengths and learn the wisdom of managing them well for optimal impact.

WEDNESDAY:
I AM A REFLECTION
OF GOD. I AM
BEAUTIFUL,
BRILLIANT, AND
WORTHY OF LOVE.

WORTHINESS AFFIRMATIONS

- I am proud of my heritage and the strength it instills in me.
- My voice matters, and I have the right to be heard.
- I am deserving of love, respect, and equal opportunities.
- I am an inspiration to others, paving the way for future generations.
- I am not defined by stereotypes; I define myself through my actions and character.
- I am a force for positive change, breaking down barriers and opening new opportunities for growth.
- I am deserving of success and will pursue my dreams with determination.
- I embrace my authentic self, unapologetically and without compromise.
- I am not defined by limitations others may place on me, and my strength is balanced with my loving nature.

THURSDAY:
MY PAST DOES NOT
DEFINE ME. I AM
THE ARCHITECT OF
MY FUTURE.



HOPE AFFIRMATIONS

- I have hope for a bright future.
- I believe that good things are coming my way.
- My past is not limiting; everything serves a purpose for my good, even those things that have caused pain.
- I am focusing on positive possibilities and let go of negative thoughts.
- I have hope because I know that I am not alone in my journey.
- I am constantly growing and evolving and that gives me hope for my growth and transformation.
- I believe that setbacks are temporary, and I will emerge stronger from them.
- I have hope in the positive potential for myself and others.
- I have hope because I know that every day is a chance for a fresh start.

FRIDAY:
I CELEBRATE THE
GOOD IN MY LIFE
AND LIVE FROM A
PLACE OF JOY.



JOY AFFIRMATIONS

- I am a catalyst of JOY- I inspire great pleasure and happiness all around me.
- I have true joy. It is a limitless, life-defining, transformative reservoir waiting to be tapped into.
- Like love, I make a choice to surrender to joy and remain in it.
- My joy is not conditional, it is a state of being and it is transcendent of circumstances.
- My spirit experiences freedom when I reside in joy.
- Joy is the settled assurance that God is in control of all the details of my life.
- Joy gives me the quiet confidence that ultimately everything is going to be alright.
- Joy elevates my existence beyond surviving to true peace.
- My peace is the by-product of true joy.

SATURDAY:
MY RELATIONSHIPS
CAUSE ME TO
ELEVATE TOWARDS
MY PURPOSE AND
HIGHEST SELF.



RELATIONSHIP AFFIRMATIONS

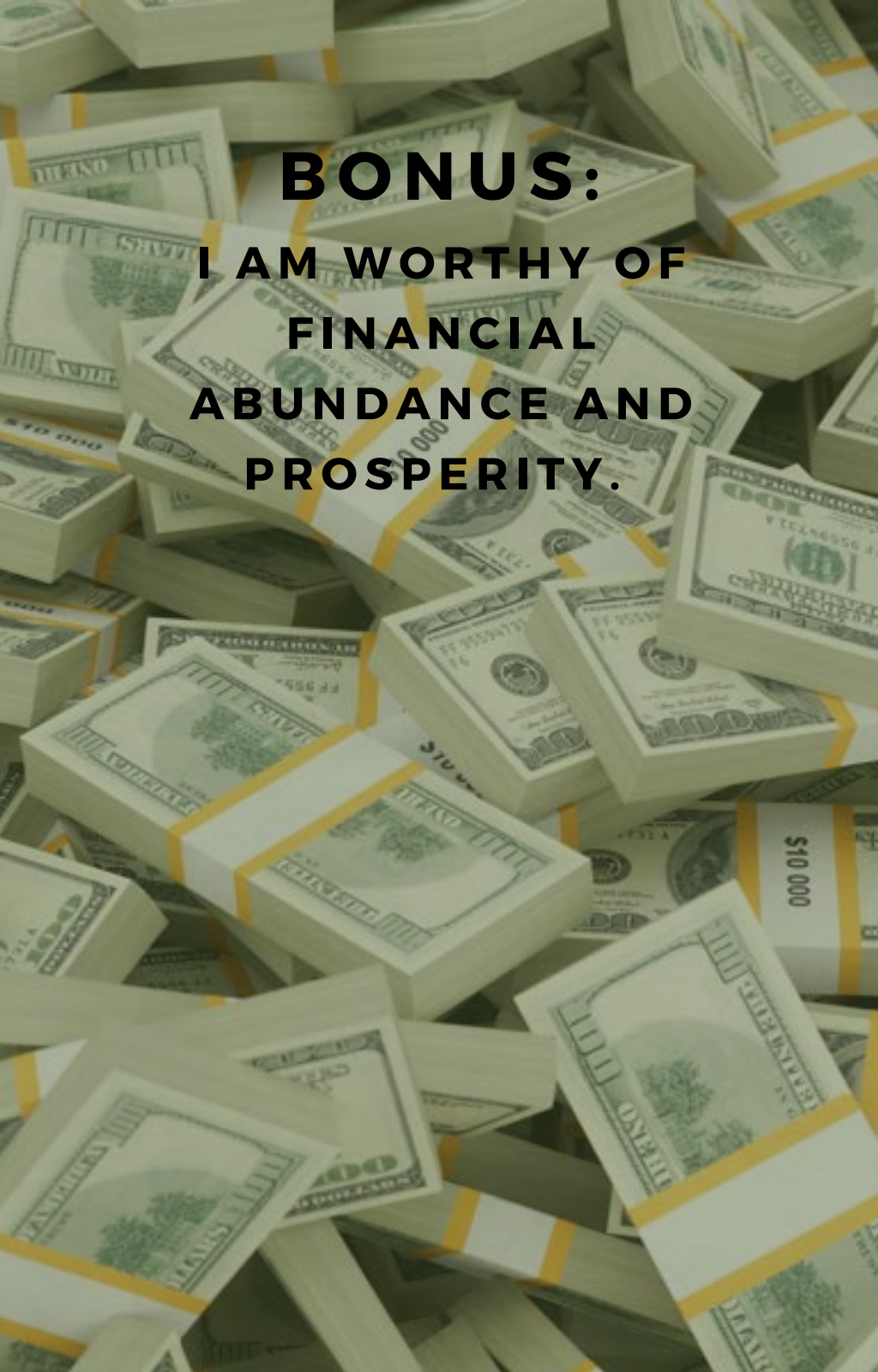
- Love and compassion flow easily between my partner and I.
- Our relationship is based on trust, honesty, and mutual respect.
- I am grateful for the love and support I receive from my partner.
- We are a team, and we support each other in achieving our dreams.
- Our love grows stronger every day.
- I am deserving of a healthy and loving relationship.
- We communicate openly and effectively, resolving conflicts with understanding and empathy.
- Our relationship is filled with joy, laughter, and happiness.
- I am committed to nurturing and strengthening our bond.
- We appreciate and celebrate each other's individuality.

SUNDAY:
I SPEND TIME
CARING FOR
MYSELF AS AN
EXPRESSION OF
LOVE FOR GOD'S
CREATION.



SELF CARE AFFIRMATIONS

- I will be most effective when I make time for myself, and care for my needs in ways that restore my energy and focus.
- Putting myself on my to-do list first is a loving thing to do for others.
- I am giving, loving, and nurturing; I start by offering these gifts to me first.
- I pour into others out of my overflow of strength, faith, energy, creativity, and positivity.
- I am worthy of gentleness and being handled with care.
- My femininity is beautiful and deserves my attention.
- I find pleasure in giving attention to areas of my life I have neglected.
- I am created for royal treatments and I respond by reflecting beauty.
- I understand my Creator's intention for my life when I allow love and care inside.
- I deserve to give myself empathy.
- I deserve time to luxuriate in the smallest and largest ways.



**BONUS:
I AM WORTHY OF
FINANCIAL
ABUNDANCE AND
PROSPERITY.**

FINANCIAL AFFIRMATIONS

- Money flows to me easily and effortlessly.
- I am open to receiving wealth from multiple sources.
- I release any limiting beliefs about money and embrace a mindset of abundance.
- I attract opportunities that create unlimited financial success.
- I am grateful for the money that comes into my life and use it wisely.
- My financial goals are achievable, and I take inspired action to manifest them.
- I deserve to live a life of financial freedom and abundance.
- I am in control of my finances, and I make smart and informed decisions.
- Money is a tool that allows me to create a positive impact on the world.
- I have a healthy relationship with money, and as a result, it serves me and not I, it.
- I have an abundant mindset and it causes resources to flow to and through me.

PROSPERITY AFFIRMATIONS

- I am a magnet for prosperity, and abundance flows effortlessly into my life.
- I am worthy of experiencing limitless abundance in all areas of my life.
- I am open and receptive to the abundance of the universe.
- I release all scarcity mindset and embrace a mindset of abundance and prosperity.
- I attract lucrative opportunities that align with my passions and purpose.
- My income is constantly increasing, and I am financially secure.
- I am grateful for the abundance that surrounds me, and I celebrate the prosperity of others.
- My prosperity grows as I generously share my resources with others.
- I am aligned with the energy of wealth and success.
- I am the creator of my own prosperity, and I manifest abundance with ease.
- I give and it is given to me, abundantly, orifusely, and overflowing.

I HOPE THAT YOU ENJOY THIS GIFT
OF POSITIVE AFFIRMATIONS AND
THAT YOU USE THEM TO INSPIRE
SELF CONFIDENCE, SELF-LOVE, AND
SELF-EMPOWERMENT.

YOU ARE WORTHY.
YOU ARE BRILLIANT.
YOU ARE ENOUGH.
YOU ARE BEAUTIFUL.
YOU ARE NECESSARY.

YOU ARE A QUEEN.
REIGN IN WISDOM AND POWER.

COACH KRISTEN

Kristen Newcome, M.Ed.



COACH KRISTEN NEWSOME, M.ED, PCC

Kristen Newsome is an ICF Professional Certified Coach (PCC) with decades of experience and over 5,000 hours of coaching and mentoring clients to succeed in business, government, education, and the private sector. Her core values as a coach are centered on respecting, creating space for, including, and elevating the voices of women from bodies of culture with diverse ideas and experiences. She focuses on strengths and values based coaching so they may overcome self-limiting beliefs, clarify their vision in their own voice, and create an intention for the life, career, and impact they envision.

Currently, she is CEO + Founder of Level Up Coaching, LLC, and contracts as a coach with Spring Health, whose mission is "making mental health accessible to all." Kristen is also the Founder and Executive Director of My Sister's Keeper Success Institute (MSKSI), Inc. a nonprofit 501 c(3) with national reach and a focus on BIPOC girls' personal & professional development and career mentoring.



Now, Go
Master the
Day!

