



Morning Mantras

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

By Kristen Newsome, M.Ed., PCC





A COLLECTION OF AFFIRMATIONS BY

KRISTEN NEWSOME,
M.ED, PCC

Morning Mantras

A mantra is a short word, phrase, or statement repeated with intention to focus the mind, steady emotions, and reinforce a desired belief, mindset, or spiritual truth. This e-book 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 quick fix or a “silver bullet” that instantly changes the way you see yourself. Instead, they work gradually. Over time, repeated affirmations can help reshape your beliefs by giving your mind a new, more empowering message to return to when you think about your worth, identity, and capability. Much like coding a computer, affirmations help create new internal programming—one that supports confidence, possibility, and self-compassion.

Affirmations can be rooted in scripture, positive body image, personal values, or even the words of people you admire whose messages inspire you. The key is to speak them in the first person, using “I” statements. It can also be helpful to

look in the mirror while repeating them, allowing the words to connect with the image you see. This practice reinforces a healthier mental picture of yourself, your value, and the possibilities available to you.

At the end of the weekly schedule, you will find BONUS affirmations for financial abundance and prosperity. I hope you use these mantras daily for speaking into existence the life you deserve.

“Speak to yourself with kind intention, because the words you repeat become the beliefs you live from.”

– Coach K



MONDAY:

ELEVATE

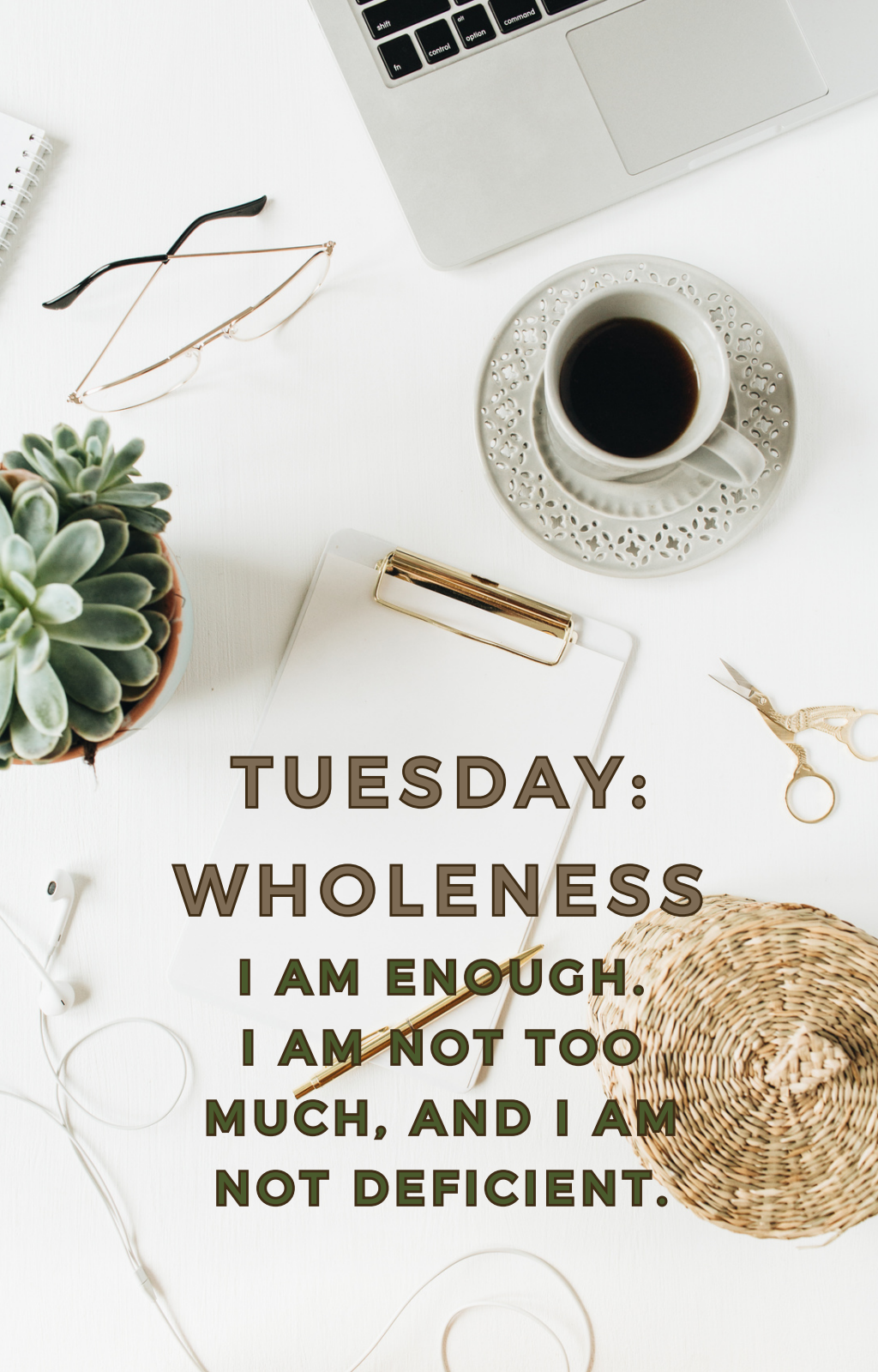
**FOCUS YOUR THOUGHTS
HIGHER.**

**ENVISION FUTURE SELF,
NOT PAST MISTAKES.**

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.

JOURNAL

A top-down view of a minimalist desk. In the top right, a portion of a silver laptop is visible, showing keys for 'shift', 'control', 'option', and 'command'. To the left of the laptop, a pair of gold-rimmed glasses with black temples lies on the surface. Below the glasses is a small potted succulent with thick, green, rounded leaves. To the right of the succulent is a white ceramic cup of dark coffee on a matching white saucer with a delicate, star-shaped cutout pattern. In the center, a white clipboard with a gold clip at the top holds a white sheet of paper. A gold pen lies diagonally across the bottom of the clipboard. To the right of the clipboard is a pair of small, gold-handled scissors. In the bottom right corner, there is a round, shallow woven basket made of light-colored straw. In the bottom left corner, a pair of white earbuds with a coiled white cable is visible. The entire scene is set against a plain, light-colored wooden background.

**TUESDAY:
WHOLENESS
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.

JOURNAL

WEDNESDAY: WORTHINESS

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

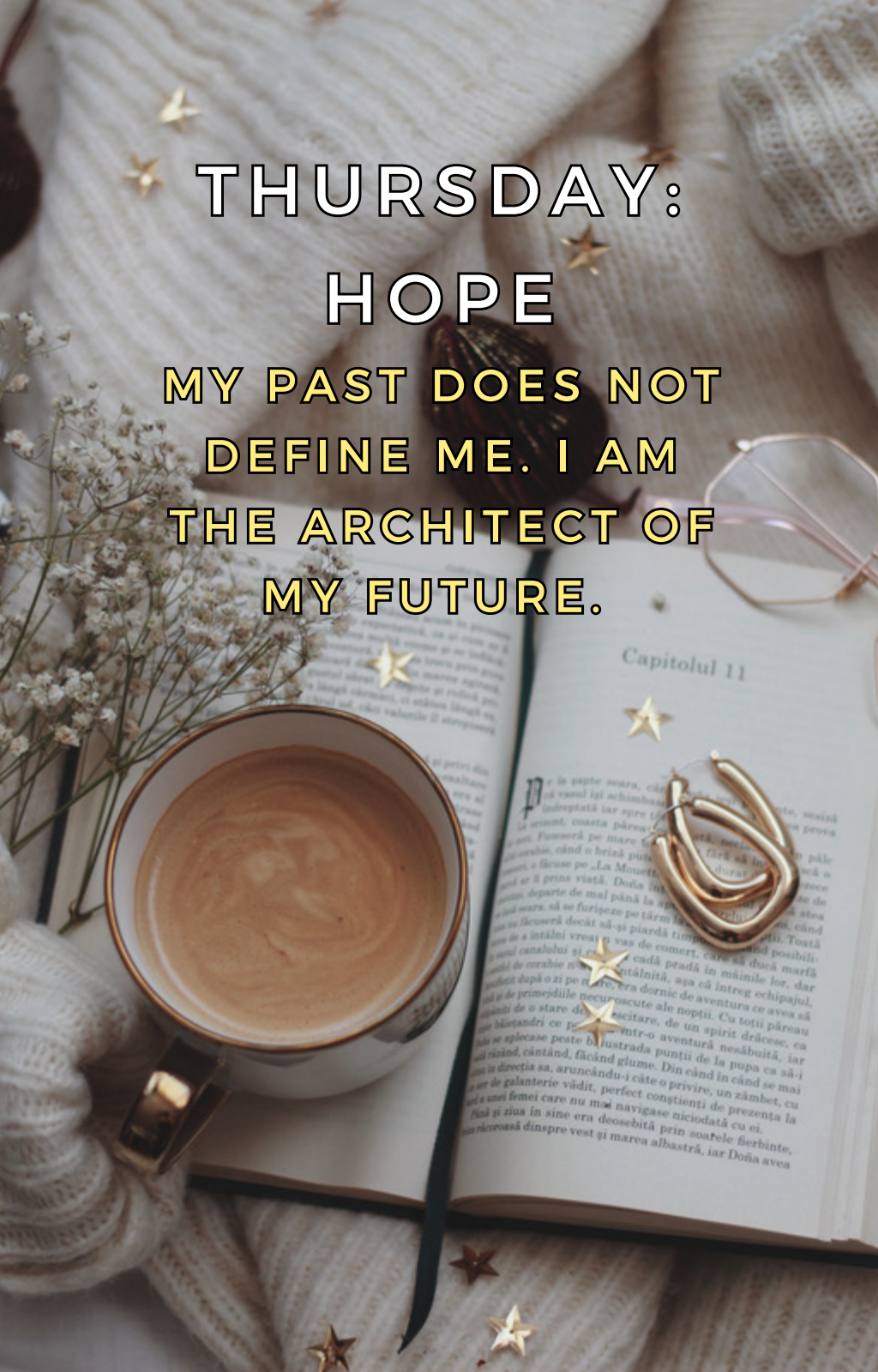
WORTHINESS AFFIRMATIONS

- 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.

JOURNAL

THURSDAY: HOPE

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.

JOURNAL

FRIDAY:

JOY

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



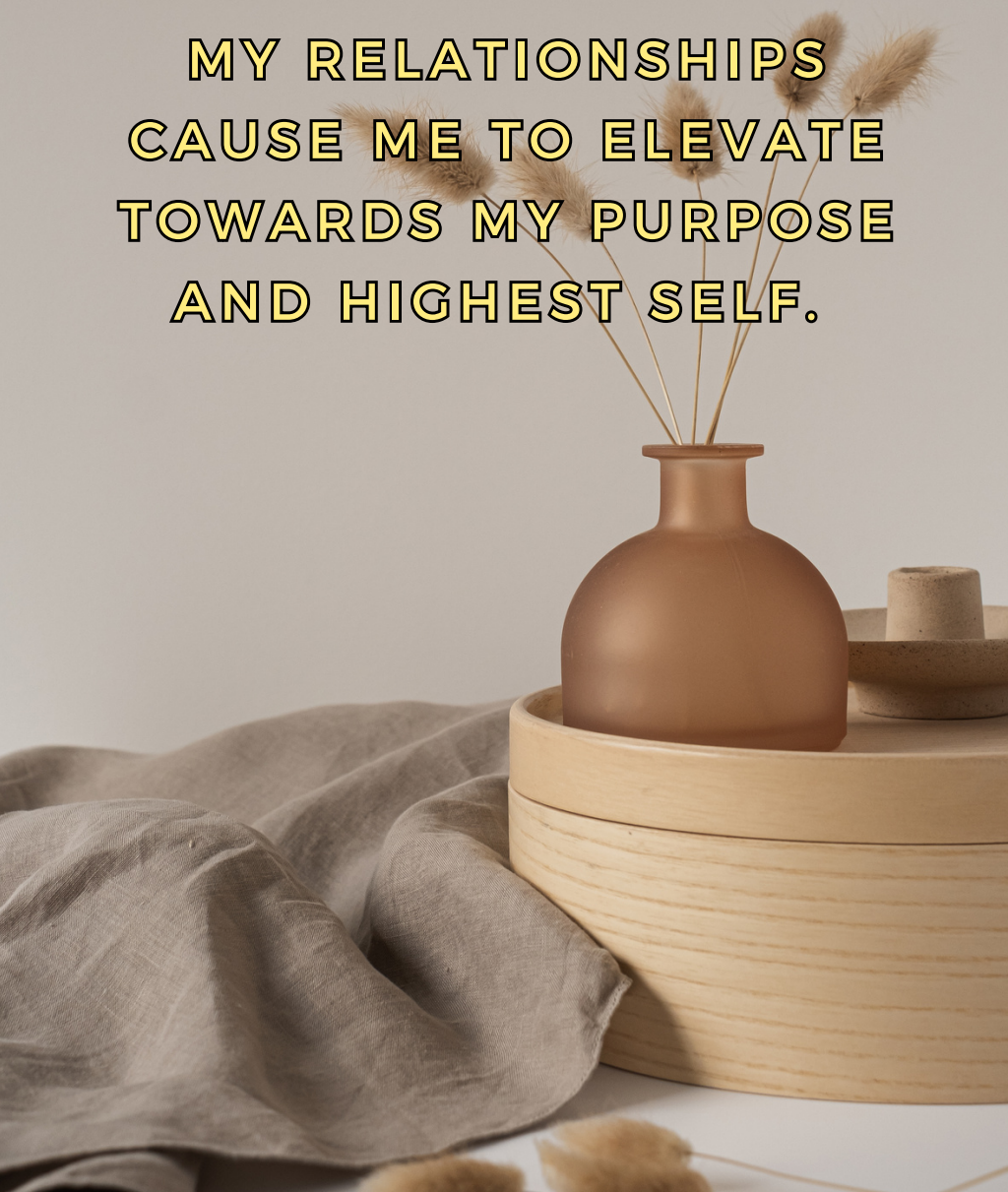
JOY AFFIRMATIONS

- 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.

JOURNAL

SATURDAY: RELATIONSHIPS

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



RELATIONSHIP AFFIRMATIONS

- Love and compassion flow easily first to myself, and then to others.
- My relationships are based on trust, honesty, and mutual respect.
- I am grateful for the love and support I receive from those I am in relationship with.
- If I am in a partnership, we are a team, and we support each other in achieving our dreams.
- I choose to love and it grows stronger every day.
- I am deserving of healthy and loving relationships.
- I communicate openly and effectively, resolving conflicts with understanding and empathy.
- My relationships are filled with joy, laughter, and happiness.
- I am committed to nurturing and strengthening my bond with those I care about and who care about me.
- I appreciate and celebrate other's individuality, and I thrive when it is reciprocated.

JOURNAL

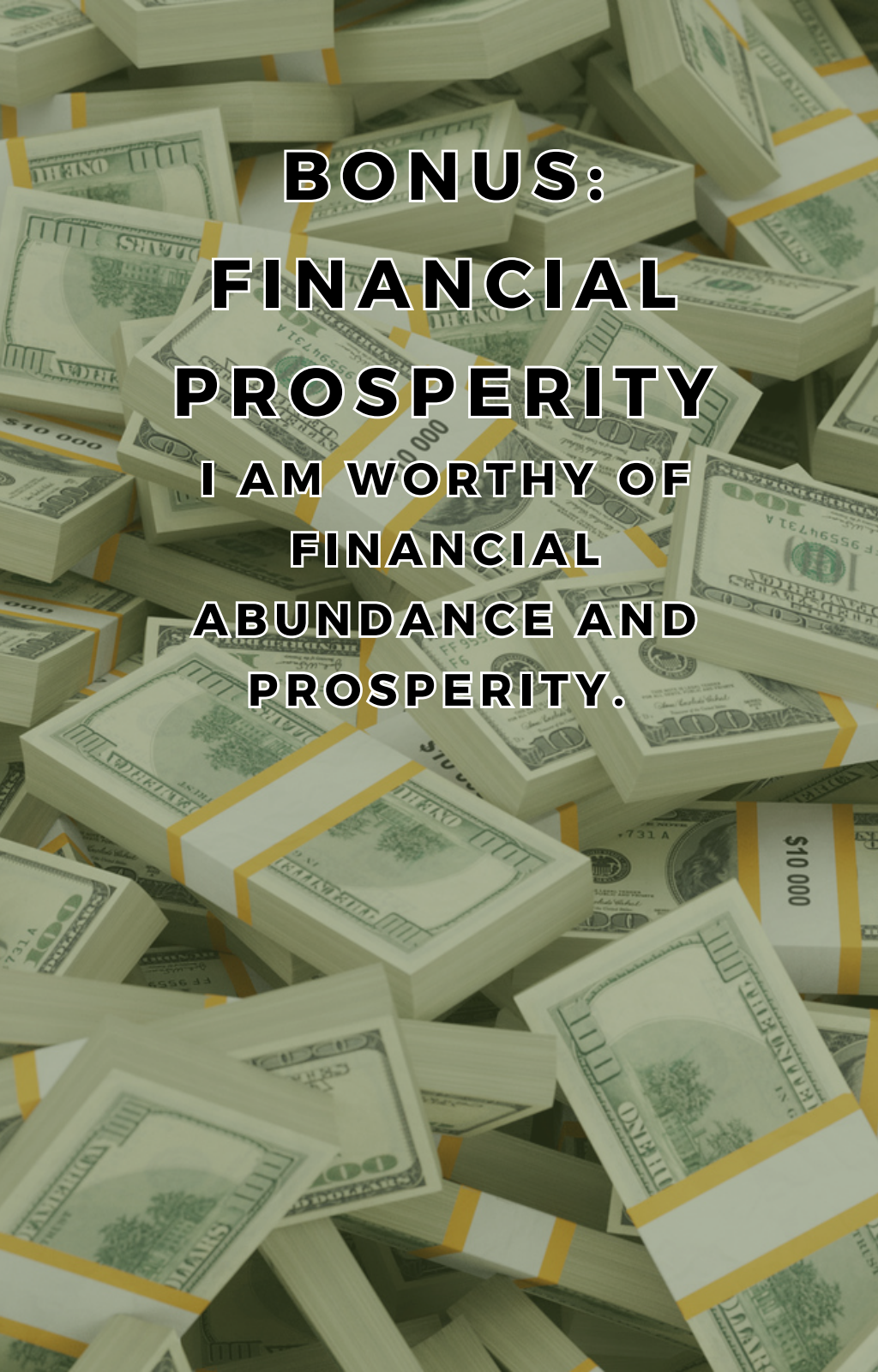
SUNDAY:
SELF-CARE
I SPEND TIME
CARING FOR
MYSELF AS AN
EXPRESSION OF
LOVE FOR GOD'S
CREATION.



SELF CARE AFFIRMATIONS

- I will be most effective when I make time for myself, and care for my needs in ways that restores my energy and focus.
- Putting myself on my to-do list first is a loving thing to do for self and 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.

JOURNAL

The background of the image is a dense, overlapping pile of numerous stacks of US dollar bills. The bills are primarily green and white, with some yellow bands visible around the stacks. The perspective is from above, looking down into the pile, creating a sense of depth and abundance. The text is centered over this background.

BONUS:
FINANCIAL
PROSPERITY
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 peace of mind.
- 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 I am generous and wise in how I sow seeds.

JOURNAL

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 plenty.
- 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 at peace with prosperity, and I manifest abundance with ease.
- I give and it is given to me, abundantly and overflowing.

JOURNAL

As you close this e-book, may these affirmations become more than words on a page. May they become reminders you return to whenever you need courage, clarity, confidence, or care.

Let them speak life over your self-worth.

Let them strengthen your belief in what is possible.

Let them remind you that your voice, your presence, and your purpose matter.

You are worthy.

You are brilliant.

You are enough.

You are beautiful.

You are necessary.

You are a queen.

Reign with wisdom, grace, and power.

~Coach Kristen



Kristen Newsome, M.Ed, PCC
Career & Leadership Coach
CEO | Level Up Coaching, LLC
www.levelupcoaching.llc



Kristen Newsome, M.Ed., PCC is an ICF Professional Certified Coach with over 20 years of experience and more than 5,000 coaching hours across business, government, education, and the private sector. She is CEO + Founder of Level Up Coaching, LLC and contracts with Spring Health, supporting their mission of making mental health accessible to all. Guided by values of respect, inclusion, and elevating the voices of women and people of color, Kristen empowers leaders to overcome self-limiting beliefs, clarify their vision, and design the life and career they envision.

Recently honored as one of San Diego Business Journal's 2025 Black Leaders of Influence, Kristen is also Founder & Executive Director of My Sister's Keeper Success Institute (MSKSI), a nonprofit advancing mentorship for BIPOC girls nationwide. She serves as Committee Chair for Women in NAACP – Southwest Riverside County and Advisory Board Member for Southwestern Law School's Women in Leadership Program.

She is the author of two Leadership Books, **Unapologetic: A New Way to Lead, Live, and Level Up**, and **Sovereign Rest: A Woman of Color's Unapologetic Path to Renewing Mind, Body, and Spirit**.



Now, go
master your
day!

