



Just Breathe





**Hello, grab my hand and take the first step to healing. Included are 10 Self-Affirmations & 10 thought provoking Journal questions to Help You Stay Motivated to Change your Mindset and bring you closer to your GOALS. Please seek professional assistance for further support.
Read Daily and Repeat!**

An aerial photograph of a tropical beach. The water is a vibrant turquoise color, transitioning to a lighter, sandy green near the shore. The sand is a warm, orange-brown hue. Several small, colorful motorboats are scattered across the water, some near the shore and others further out. The overall scene is serene and idyllic.

*I allow myself to
slow down and
experience the
simple things in
life!*

*Are you achieving the level
of success that you want?*

*What thoughts or beliefs
are holding you back?*



*Create your vision...
Then “Go Beast
Mode to achieve it!”*

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*Do you tend to
focus most of
your attention
on positive or
negative things?*



*Changing my
destiny.... one
moment at a
time!*

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*Does your mindset attract
the wealth and success that
you desire?*

Why do you think that is?

*Mindset (noun):
Thoughts and beliefs that
shape your thought
habits.*




*I will remain calm
and present!*

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How much are you in control of your “inner world” (thoughts, desires, and dreams)?


How can you strengthen your control?

An abstract painting featuring large, textured brushstrokes in shades of orange, brown, and dark blue. The composition is dominated by warm, earthy tones, with the orange and brown strokes creating a sense of depth and movement. The dark blue areas are more subtle, providing a contrast to the warmer colors. The overall effect is one of organic, expressive energy.

*I am free of the
future and past....
because I live in the
moment!!*

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*What are some
simple ways you can
begin practicing
gratitude
immediately?*

An aerial photograph showing a rugged, rocky coastline on the left side, with waves crashing against the shore. The rest of the image is filled with deep teal ocean water. The text is overlaid on the water.

*Staying present
allows me to
accomplish more!*

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*Why is taking
action so critically
important?*

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*It don't matter what
they say.... because
what they say don't
matter!*



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*What big goals and
dreams do you want
to achieve?*

*Do you believe that
you can achieve
them? How?*



*No matter your
environment “Put on
Excellence!”*

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*What specific steps
will you take toward
making your dreams
come true?*

*What action can
you take today?*

*Just remember:
Your “Gift” will
make room for you!*

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*Why is the scarcity
mindset so
unhelpful when it
comes to achieving
success and
generating wealth?*

*Don't count the
times you get
knocked
"DOWN"... Count
the times that you
get back UP!*

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*Say often:
“Whatever I think I
am.... I am always so
much more!”*