

LOVE THYSELF OFFENSIVELY



AFFIRMATIONS



AFFIRMATIONS TRAIN YOUR BRAIN FROM THINKING NEGATIVE THOUGHTS TO THINKING POSITIVE THOUGHTS ABOUT YOURSELF AND THE WORLD AROUND YOU. IT IS ABSOLUTELY AMAZING HOW THE BRAIN IS LIKE A SPONGE AND ABSORBS WHAT YOU FEED IT. FEED IT POSITIVE THOUGHTS DAILY X3 LIKE A WORKOUT AND YOU WILL NOTICE HOW YOUR ENTIRE THOUGHT PROCESS CHANGES AND YOUR ANXIETY LESSENS.



HOW AFFIRMATIONS WORK...

Affirmations are one of the best tools for manifesting more of what you want into your life and co-creating your reality.

They're a phenomenal way to influence your subconscious mind and harness its untapped power. Basically, the dictionary defines the word affirmation as "a statement or proposition that is declared to be true."

Whatever you affirm to yourself, is basically you telling yourself your own personal truth. Whether your inner dialogue is positive or negative, your subconscious mind ultimately accepts it as truth. That's just the way it works.

AN
EXAMPLE
FOR YOU TO
PONDER
ON...

"I AM FEELING SO FAT TODAY." → TRUTH "I CAN'T AFFORD THAT. I AM SO BROKE." → TRUTH "TODAY SUCKS.

WHAT MORE COULD GO WRONG? NOTHING GOES RIGHT FOR ME." → TRUTH "WOW, I'M FEELING SO ABUNDANT TODAY! I AM MAKING SO MUCH MONEY IN MY NEW BUSINESS THAT TOTALLY SUPPORTS MY PASSION.

PEOPLE FUCKING LOVE TO PAY ME!" → ALSO TRUTH "I LOVE MY LIFE. I AM EXPERIENCING SO MANY AMAZING THINGS LATELY. I CAN'T WAIT TO SEE WHAT OTHER AMAZING THINGS LIFE HAS IN STORE FOR ME" → ALSO TRUTH

"WHETHER YOU THINK YOU CAN OR THINK YOU CAN'T... YOU'RE RIGHT" -HENRY FORD

LET US BE
HONEST WITH
EACH OTHER...

Have you avoided going somewhere because you didn't like the way you looked?

Have you been hot in the summer because you don't want to wear shorts or a tank top?

Have you ever found an outfit so cute but you think you can't wear it because of your body?

Have you ever avoided a class, friendship or job because you didn't think you were good enough?

Have you went somewhere and not enjoyed yourself because you could not stop thinking about how you looked?

Have you looked in the mirror and talked negatively to yourself?

Have you avoided pictures because you don't like the way you look?

DID YOU ANSWER YES TO ANY OF THOSE QUESTIONS?

IF YOU HAVE ANSWERED YES TO ANY OF THESE QUESTIONS, YOU NEED THESE DAILY SELF LOVE AFFIRMATIONS AND YOU NEED TO START YOUR JOURNEY TO SELF LOVE.

THINK ABOUT ALL THESE QUESTIONS ABOVE. YOU HAVE LET NEGATIVE SELF THOUGHTS STOP YOU FROM ENJOYING YOUR LIFE TO IT'S FULLEST POTENTIAL.

REFUSE TO DO THIS ANYMORE! TELL THOSE NEGATIVE SELF THOUGHTS TO SHUT UP BECAUSE YOU ARE WORTHY OF SELF LOVE AND HAPPINESS.

THESE SELF WORTH AFFIRMATIONS CAN HELP YOU GET STARTED.

HOW EXACTLY DO I MAKE THIS WORK?

AFFIRMATIONS SAID WITH CONFIDENCE DAILY CAN CHANGE YOUR MIND TO BELIEVE THE THINGS THAT YOU ARE SAYING.

THERE ARE POSITIVE AND NEGATIVE AFFIRMATIONS, BE CAUTIOUS WHAT YOU SAY TO YOURSELF ON A DAILY BASIS. IF YOU ARE TELLING YOURSELF HOW WORTHLESS AND UGLY YOU ARE EVERYDAY, YOU WILL START TO BELIEVE THAT, EVEN IF IT ISN'T TRUE.

IF YOU TELL YOURSELF EVERY SINGLE DAY THAT YOU ARE BEAUTIFUL, STRONG AND WORTHY, YOU WILL EVENTUALLY START TO BELIEVE THAT. THE NEGATIVE SELF TALK HAS TO STOP FIRST!

THESE AFFIRMATIONS OF SELF LOVE WILL ONLY WORK IF YOU PUT THE WORK IN! THIS SORT OF THING MIGHT SOUND SILLY AT FIRST, BUT SAYING YOUR SELF LOVE AFFIRMATIONS EVERY DAY WILL HELP CHANGE THE WAY YOUR BRAIN IS THINKING. YOU GOT THIS GIRL...XOXOX



**I AM
ENOUGH**

YOU ARE ABSOLUTELY MORE THAN ENOUGH AND ANYONE WHO CAN'T SEE THAT IS THE SICK ONE!

SAY THIS EVERY-DAY MORNING, NOON, AND NIGHT THREE TIMES A DAY. SAY IT WITH CONFIDENCE, TAKE IN A DEEP BREATH AND MEAN IT. EVERY TIME YOU SAY IT YOU ARE SENDING PROTEIN MESSAGES TO YOUR AMINO ACIDS TO TELL THEM TO BELIEVE THIS AND CHANGE YOUR LIFE IN THIS WAY.

IT IS TRULY AMAZING HOW THE NAME OF THE MOST-HIGH IS INCLUDED IN OUR DNA. PRAYER CERTAINLY CHANGES THINGS AND SO DO POSITIVE AFFIRMATIONS.

THIS IS NOT STUPID OR DUMB AT ALL, YOU CAN'T TAKE YOUR BRAIN OUT AND PUT IT ON A TREADMILL AND THAT ISN'T THE WAY TO DO IT ANYWAY. YOU HAVE TO TRAIN IT WITH POSITIVE REINFORCEMENT USING WORDS.




I MATTER

YOU MY LOVE MATTER MORE THAN YOU BELIEVE, YES YOU WOULD BE MISSED!!!

SAY THIS EVERY-DAY MORNING, NOON, AND NIGHT THREE TIMES A DAY. SAY IT WITH CONFIDENCE, TAKE IN A DEEP BREATH AND MEAN IT. EVERY TIME YOU SAY IT YOU ARE SENDING PROTEIN MESSAGES TO YOUR AMINO ACIDS TO TELL THEM TO BELIEVE THIS AND CHANGE YOUR LIFE IN THIS WAY.

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**TODAY I WILL
LEARN AND
GROW**

GROWTH COMES IN MANY DIFFERENT FORMS AND IF YOU DON'T CONSTANTLY TELL YOURSELF THIS MY CONCERN IS YOU WILL NOT BELIEVE IT INTERNALLY.

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**LIFE DOES
NOT HAVE TO
BE PERFECT
TO BE GREAT.**

NOBODIES LIFE IS PERFECT, I AM SORRY AND IF THEY PRETEND IT IS THEY ARE MISERABLE. LIFE IS FILLED WITH ALL KINDS OF DETOURS, ONE WAYS, CLOSED LANES AND SO MUCH MORE. REALITY CHECK, YOUR LIFE IS WHAT YOU MAKE IT SO IF IT IS ENOUGH FOR YOU THEN IT IS PERFECTLY JUST THAT, YOURS.

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**HAPPINESS
IS FOUND
WITHIN.**

THIS RELATES TO THE PREVIOUS AFFIRMATION AND THEY ARE A PAIR. YOUR HAPPINESS HAS TO COME FROM WITHIN, IF NOT YOU WILL ALWAYS FIND SOMETHING WRONG IN ANY SITUATION.

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**I AM
BEAUTIFUL**

THIS IS SOMETHING EVERYONE SHOULD BE TELLING THEMSELVES AROUND THE CLOCK. BEAUTY IS IN THE EYE OF THE BEHOLDER, NOT THE IMAGE YOU SEE ON THE TV.

SAY THIS EVERY-DAY MORNING, NOON, AND NIGHT THREE TIMES A DAY. SAY IT WITH CONFIDENCE, TAKE IN A DEEP BREATH AND MEAN IT. EVERY TIME YOU SAY IT YOU ARE SENDING PROTEIN MESSAGES TO YOUR AMINO ACIDS TO TELL THEM TO BELIEVE THIS AND CHANGE YOUR LIFE IN THIS WAY.

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**POSITIVE
THINKING
CREATES
POSITIVE
THINGS.**

THIS IS SO RIGHT ON POINT! IF YOU THINK NEGATIVE, THEN NEGATIVE THINGS WILL HAPPEN BUT IF YOU THINK POSITIVE THEN POSITIVE THINGS WILL HAPPEN ITS SIMPLE.

SAY THIS EVERY-DAY MORNING, NOON, AND NIGHT THREE TIMES A DAY. SAY IT WITH CONFIDENCE, TAKE IN A DEEP BREATH AND MEAN IT. EVERY TIME YOU SAY IT YOU ARE SENDING PROTEIN MESSAGES TO YOUR AMINO ACIDS TO TELL THEM TO BELIEVE THIS AND CHANGE YOUR LIFE IN THIS WAY.

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I HAVE THE POWER TO CHANGE

YOU ARE YOUR OWN PERSON SO ONLY YOU HAVE THE POWER TO CHANGE YOURSELF OR WANT IT FOR YOURSELF.

THIS IS SO RIGHT ON POINT! IF YOU THINK NEGATIVE, THEN NEGATIVE THINGS WILL HAPPEN BUT IF YOU THINK POSITIVE THEN POSITIVE THINGS WILL HAPPEN ITS SIMPLE.

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**MY
IMPERFECTIONS
MAKE ME
UNIQUE AND
SPECIAL**

WE ARE ALL MADE TO BE DIFFERENT AND THAT MEANS YOU ARE NO DIFFERENT. YOU ARE NOT SUPPOSED TO LIKE WHAT EVERYONE ELSE LIKES OR LOOK LIKE EVERYONE ELSE LOOKS!

SAY THIS EVERY-DAY MORNING, NOON, AND NIGHT THREE TIMES A DAY. SAY IT WITH CONFIDENCE, TAKE IN A DEEP BREATH AND MEAN IT. EVERY TIME YOU SAY IT YOU ARE SENDING PROTEIN MESSAGES TO YOUR AMINO ACIDS TO TELL THEM TO BELIEVE THIS AND CHANGE YOUR LIFE IN THIS WAY.

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**I AM
DESERVING OF
SUCCESS AND
HAPPINESS**

EVERYBODY DESERVES THEIR BEST CHANCE. YOU TOO CAN BE SO MUCH MORE THAN YOU HAVE SETTLED FOR. YES, HARD WORK PAYS OFF BUT YOU CAN DO THIS IF YOU TRY!

SAY THIS EVERY-DAY MORNING, NOON, AND NIGHT THREE TIMES A DAY. SAY IT WITH CONFIDENCE, TAKE IN A DEEP BREATH AND MEAN IT. EVERY TIME YOU SAY IT YOU ARE SENDING PROTEIN MESSAGES TO YOUR AMINO ACIDS TO TELL THEM TO BELIEVE THIS AND CHANGE YOUR LIFE IN THIS WAY.

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I CAN LOOSE WEIGHT

YOUR WEIGHT LOSS GOALS COULD BE PUT ON HOLD DUE TO YOUR NEGATIVE THOUGHTS. SAY IT AND BELIEVE IT THEN WATCH YOUR STRESS LEVELS SETTLE AND YOUR WEIGH GOALS CONQUERED. THAT IS MY WISH FOR YOU...XOXO

SAY THIS EVERY-DAY MORNING, NOON, AND NIGHT THREE TIMES A DAY. SAY IT WITH CONFIDENCE, TAKE IN A DEEP BREATH AND MEAN IT. EVERY TIME YOU SAY IT YOU ARE SENDING PROTEIN MESSAGES TO YOUR AMINO ACIDS TO TELL THEM TO BELIEVE THIS AND CHANGE YOUR LIFE IN THIS WAY.

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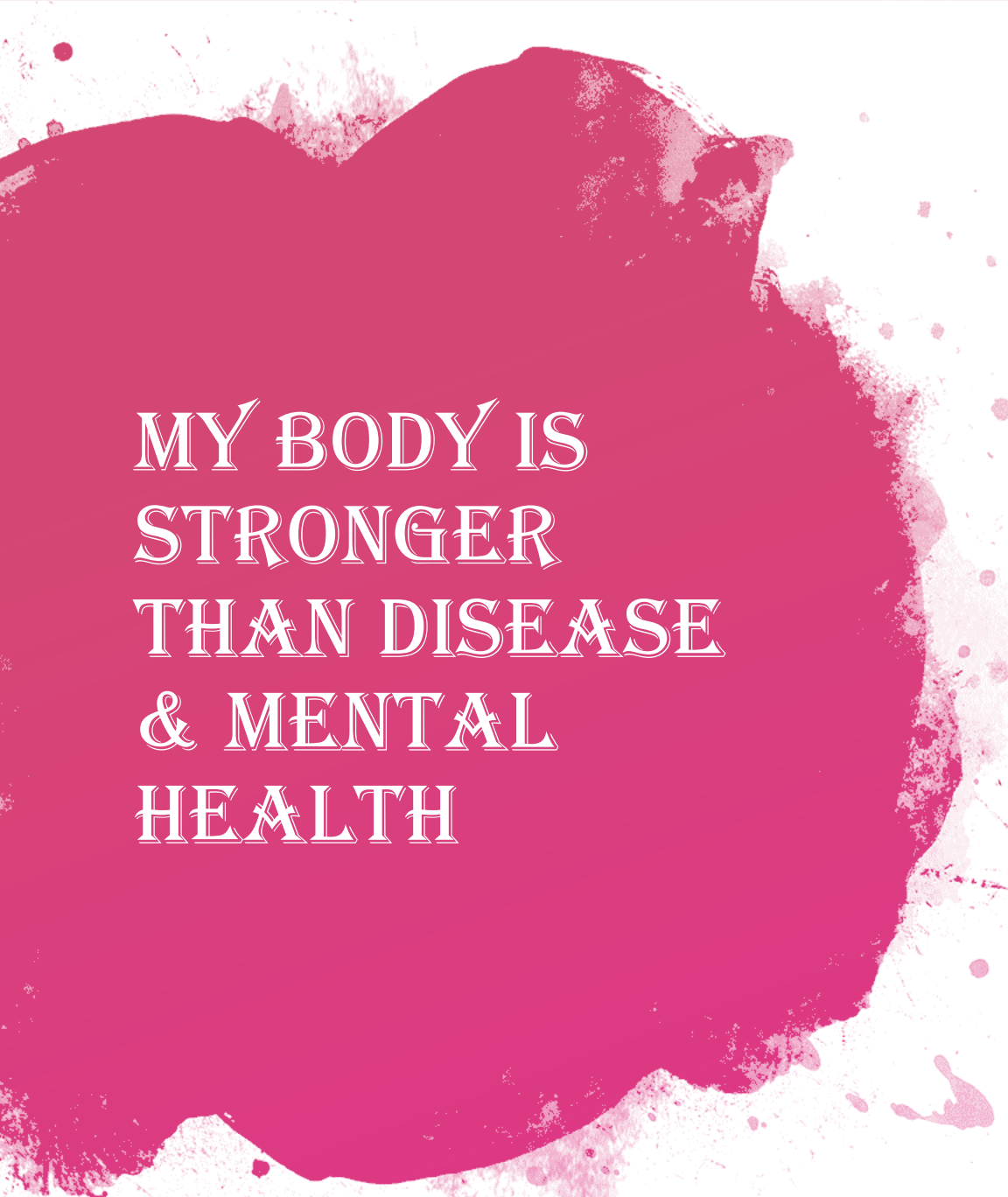
FASTING TO
HEAL MY
BODY IS
EASY

FASTING IS A MIND OVER MATTER THING. IF YOU CONSTANTLY THINK ABOUT FOOD OR STARVING YOU WILL HAVE A REALLY HARD TIME PULLING OFF A SUCCESSFUL FAST. MY THING IS, IF YOU TELL YOURSELF THIS OVER AND OVER AGAIN UNTIL YOU BELIEVE IT WHEN YOU GO TO DO A FAST, IT WILL BE LIKE WALKING (NORMAL TO YOU).

SAY THIS EVERY-DAY MORNING, NOON, AND NIGHT THREE TIMES A DAY. SAY IT WITH CONFIDENCE, TAKE IN A DEEP BREATH AND MEAN IT. EVERY TIME YOU SAY IT YOU ARE SENDING PROTEIN MESSAGES TO YOUR AMINO ACIDS TO TELL THEM TO BELIEVE THIS AND CHANGE YOUR LIFE IN THIS WAY.

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MY BODY IS
STRONGER
THAN DISEASE
& MENTAL
HEALTH

SAY IT THEN MANIFEST IT, YOUR BODY IS STRONGER THAN THESE WEAK DISEASES ATTACKING IT. OUR BODIES SHUT DOWN DUE TO OUR ABUSE BUT ONCE THAT STOPS YOUR BODY WILL REWARD YOU "TREAT YOURSELF LIKE YOU WANT YOURSELF TO TREAT YOU."

SAY THIS EVERY-DAY MORNING, NOON, AND NIGHT THREE TIMES A DAY. SAY IT WITH CONFIDENCE, TAKE IN A DEEP BREATH AND MEAN IT. EVERY TIME YOU SAY IT YOU ARE SENDING PROTEIN MESSAGES TO YOUR AMINO ACIDS TO TELL THEM TO BELIEVE THIS AND CHANGE YOUR LIFE IN THIS WAY.

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**I WAS NOT
MADE TO
GIVE UP**

ONLY THE STRONG SURVIVE AND SINCE YOU'RE READING THIS I TAKE IT YOU KNOW THAT YOU'RE STRONG. YOU WERE NOT MADE TO GIVE UP SO SAY IT UNTIL YOU BELIEVE IT.

SAY THIS EVERY-DAY MORNING, NOON, AND NIGHT THREE TIMES A DAY. SAY IT WITH CONFIDENCE, TAKE IN A DEEP BREATH AND MEAN IT. EVERY TIME YOU SAY IT YOU ARE SENDING PROTEIN MESSAGES TO YOUR AMINO ACIDS TO TELL THEM TO BELIEVE THIS AND CHANGE YOUR LIFE IN THIS WAY.

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**I DON'T NEED
VALIDATION
FROM
OTHERS.**

LAST BUT CERTAINLY NOT LEAST ONLY GOD CAN JUDGE YOU. DON'T LET OTHERS ONCE YOU'VE REACHED THE AGE OF GROWN DICTATE YOUR HAPPINESS. YOU HAVE TO LIVE YOUR LIFE NOT THEM. YOU HAVE TO LIVE WITH THE DECISIONS YOU HAVE MADE NOT THEM!

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CREATE YOUR OWN AFFIRMATIONS

WE ALL HAVE OUR OWN DEMONS WE HAVE TO RID FROM OUR BODIES. WE ALL HAVE DIFFERENT VIEWS OF OURSELVES, THINGS WE WISH WE COULD CHANGE.

MY AFFIRMATIONS MAY NOT BENEFIT YOUR THOUGHTS SO FEEL FREE TO CREATE YOUR OWN THAT WILL TRAIN YOUR PERSONAL THOUGHTS.

JUST USE ANY NOTEBOOK AND USE IT FOR A SELF LOVE JOURNAL. A SELF LOVE JOURNAL IS A PLACE TO PUT ALL YOUR POSITIVE THOUGHTS ABOUT YOURSELF, YOUR LIFE, AND OTHERS AROUND YOU. INCLUDE A LIST OF AFFIRMATIONS THAT YOU NEED TO PRACTICE DAILY TO START TO CHANGE YOUR REALITY.

ANY TIME YOU ARE FEELING A NEGATIVE THOUGHT ARISE IN YOUR MIND PULL OUT YOUR JOURNAL AND READ IT TO YOURSELF & OUT LOUD.



IMAGES ARE FOR BRAINWASHING YOU

Images are brainwashing mechanisms to make you feel less than you are. You watch these people portrayed as beautiful and you realize you look nothing like that person.

Others around you are infatuated but the portrait of beauty. Do not believe everything you see. Many of these people are covered in makeup and filters are being used to keep you in awe. These people are not perfect and have flaws just like you and I.

Many times to get the role they got they had to become someone else. Surgeries, weight loss centers, make up artists all come together to keep you entertained!

Do not believe the hype because it truly is not all it looks to be.

Keep it brainwash free & lovethyselfoffensively!

To you nobody should look as good as you do...xoxo