



MY FAVORITE AFFIRMATIONS

*Compiled by Chris
Holistic Lifestyle Guide*



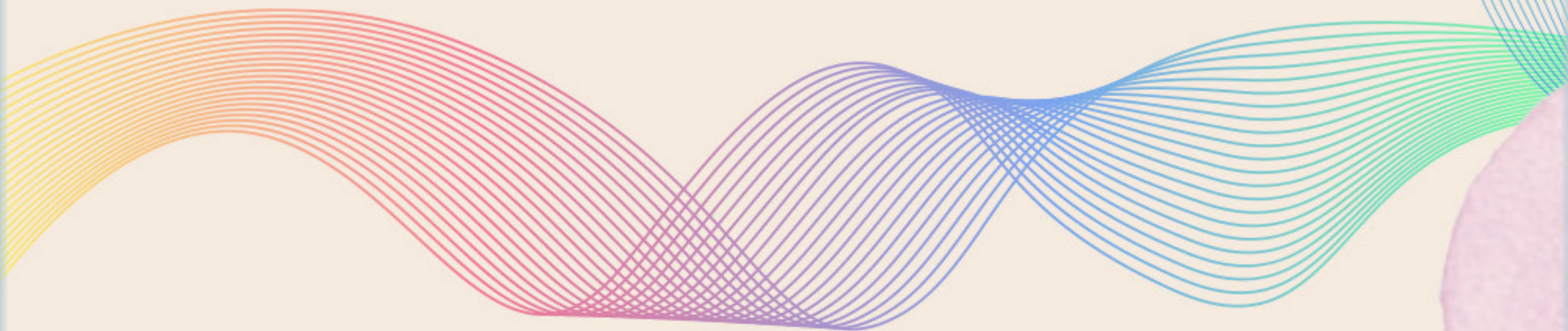
Affirmations are short phrases that instill a sense of optimism, motivation and improve self confidence. Keep these on your device and recite them throughout your day.





*“Welcome to the best
day of your life”*

—note to self



A WINNER
NEVER QUILTS



A QUITTER
NEVER WINS

TODAY

I *CONQUER*

ALL *OF MY*

SETBACKS

A vertical photograph of a misty forest. A narrow, dark path leads from the bottom center towards the background, flanked by lush green undergrowth. Tall, slender trees with dense green foliage line the path, their trunks slightly blurred by the mist. The overall atmosphere is serene and ethereal, with soft light filtering through the canopy. The quote is centered in the upper half of the image in a white serif font.

Nature Does Not
Hurry, Yet Everything
Is Accomplished

-Lao Tzu



IT'S **TIME** TO

ACKNOWLEDGE

YOUR GREATNESS

**IT'S NOT OVER
WHEN YOU LOSE;**

**IT'S OVER WHEN
YOU QUIT.**

**BE
THE
LEADER
YOU
WOULD
FOLLOW**



If this can
become **cider**



You **can** become
anything you
want to be

A **DREAM** WRITTEN DOWN
WITH A DATE BECOMES A **GOAL**

A **GOAL** BROKEN DOWN
INTO STEPS BECOMES A **PLAN**



A PLAN BACKED BY **ACTION**
MAKES YOUR DREAMS **REALITY**

Success 101



**EVERYONE WANTS TO BE SUCCESSFUL
UNTIL THEY SEE WHAT IT ACTUALLY TAKES**

FELL FIVE YEARS AGO...



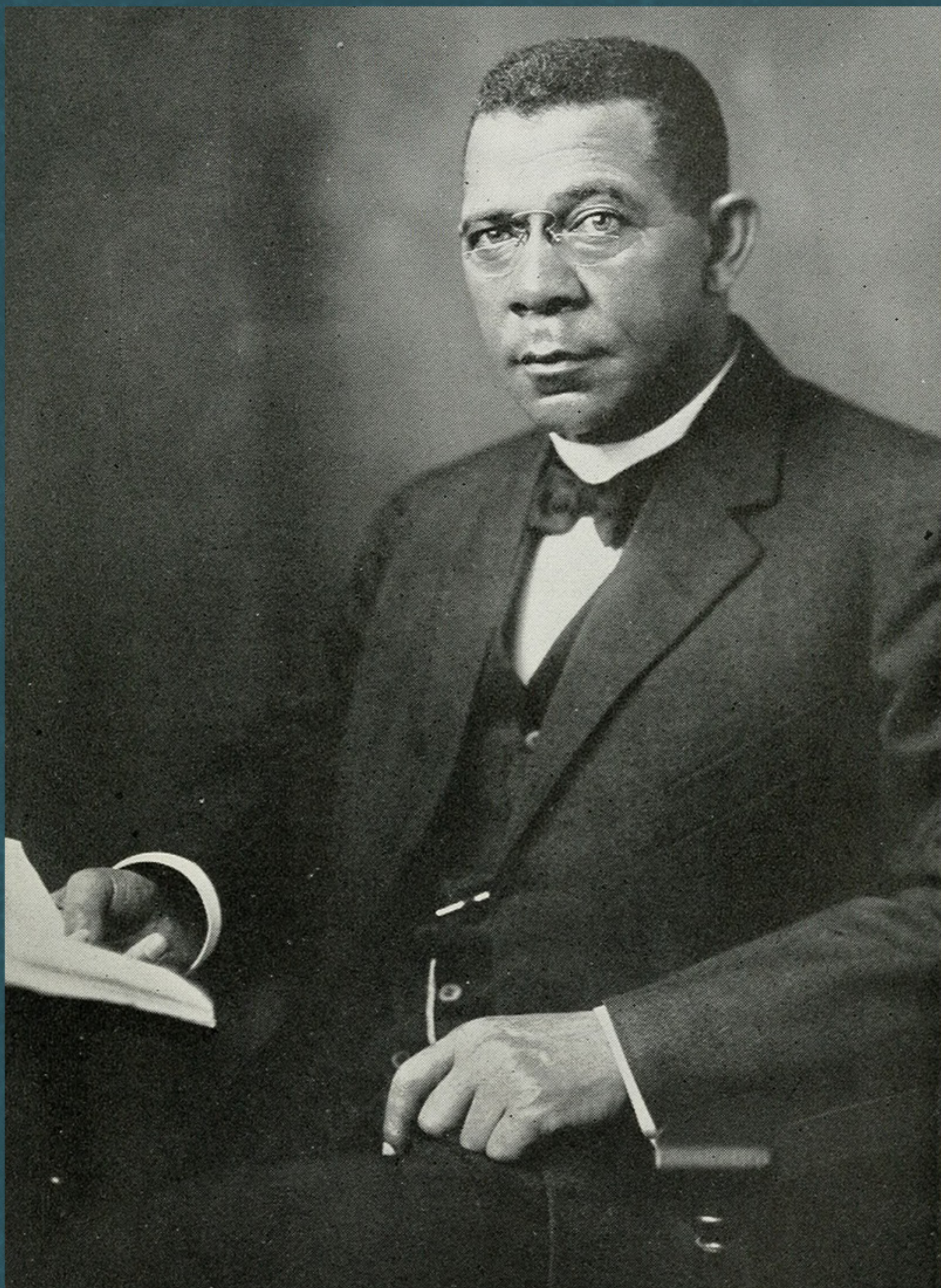
NEVER GAVE UP!



*Forget the mistake
Remember the lesson.*

***IF YOU HANG OUT WITH
ME FOR TOO LONG, I'LL
BRAINWASH YOU INTO
BELIEVING IN YOURSELF
AND KNOWING YOU CAN
ACHIEVE ANYTHING.***





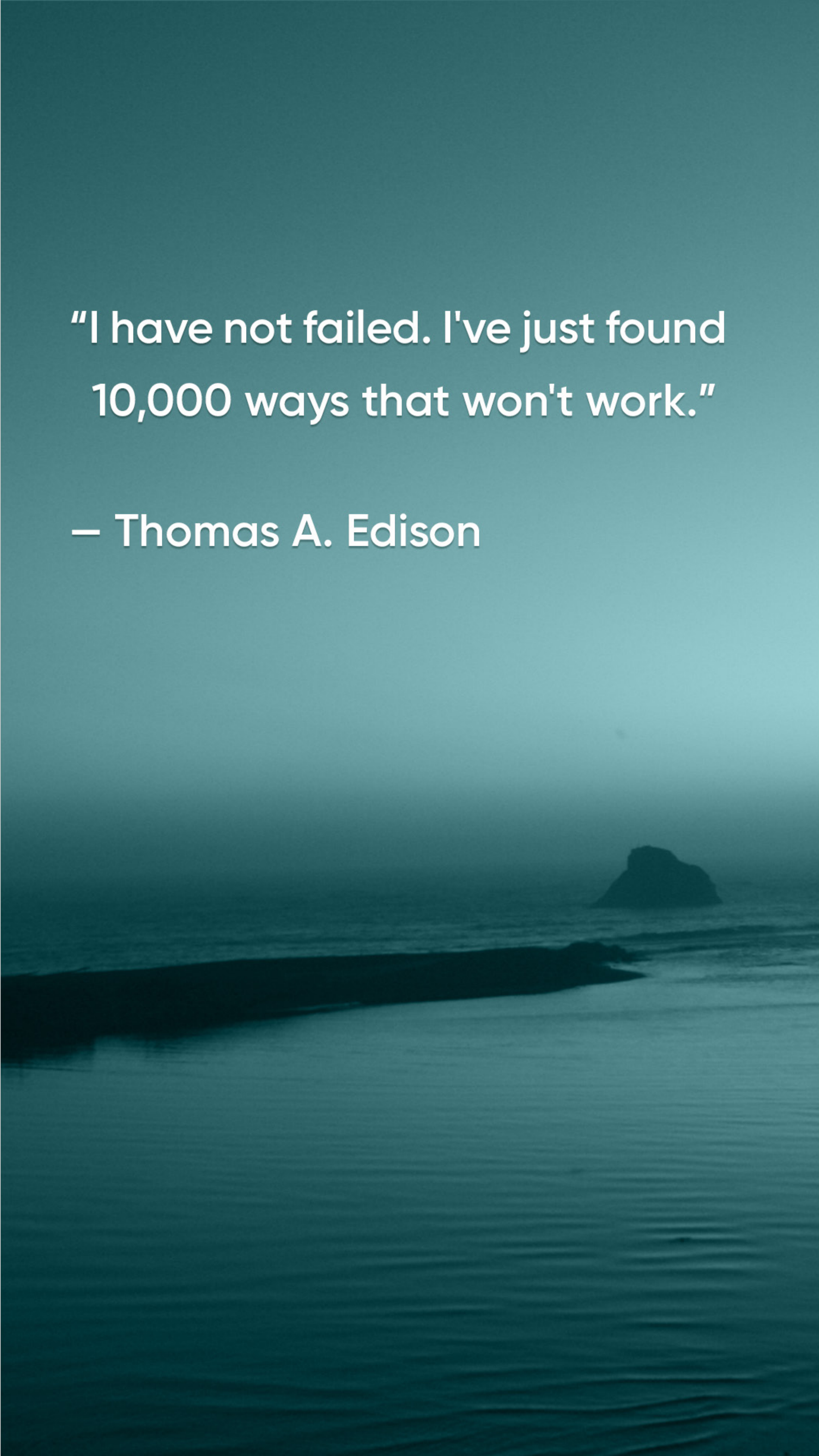
I began learning long ago that
those who are happiest are those
who do the most for others.

— *Booker T. Washington*

Peace begins with a smile

— mother theresa



A full-page background image of a calm ocean under a hazy, teal-colored sky. In the foreground, a dark, silty beach meets the water. A long, low rock formation extends into the sea. In the distance, a prominent sea stack rises from the water. The overall mood is peaceful and contemplative.

“I have not failed. I've just found
10,000 ways that won't work.”

— Thomas A. Edison

**I'm not telling you
it's going to be easy...**



**I'm telling you it's
going to be worth it.**

**LIFE IS A
JIGSAW
PUZZLE...**



**LOOK WITHIN TO FIND
THE MISSING PEICES**

A vertical image showing a sunset over the ocean. The sky is a gradient of purple, pink, and orange, with a bright yellow sun low on the horizon. The ocean below has gentle waves with white foam, reflecting the colors of the sky.

IMAGINE WHERE
YOU WILL BE IN
30 DAYS IF YOU
JUST START NOW.

The key to success is to
focus on the **goal** and
not the **obstacles**.



Mindfulness is in some ways
like running a business.

We maximize our gratitude
while keeping our doubts
to a minimal.



SET

GOALS

CRUSH THEM

REPEAT

There is no failure; you
either win or you learn.





**If you don't fit in, then you're
probably doing the right thing.**



OTHERS

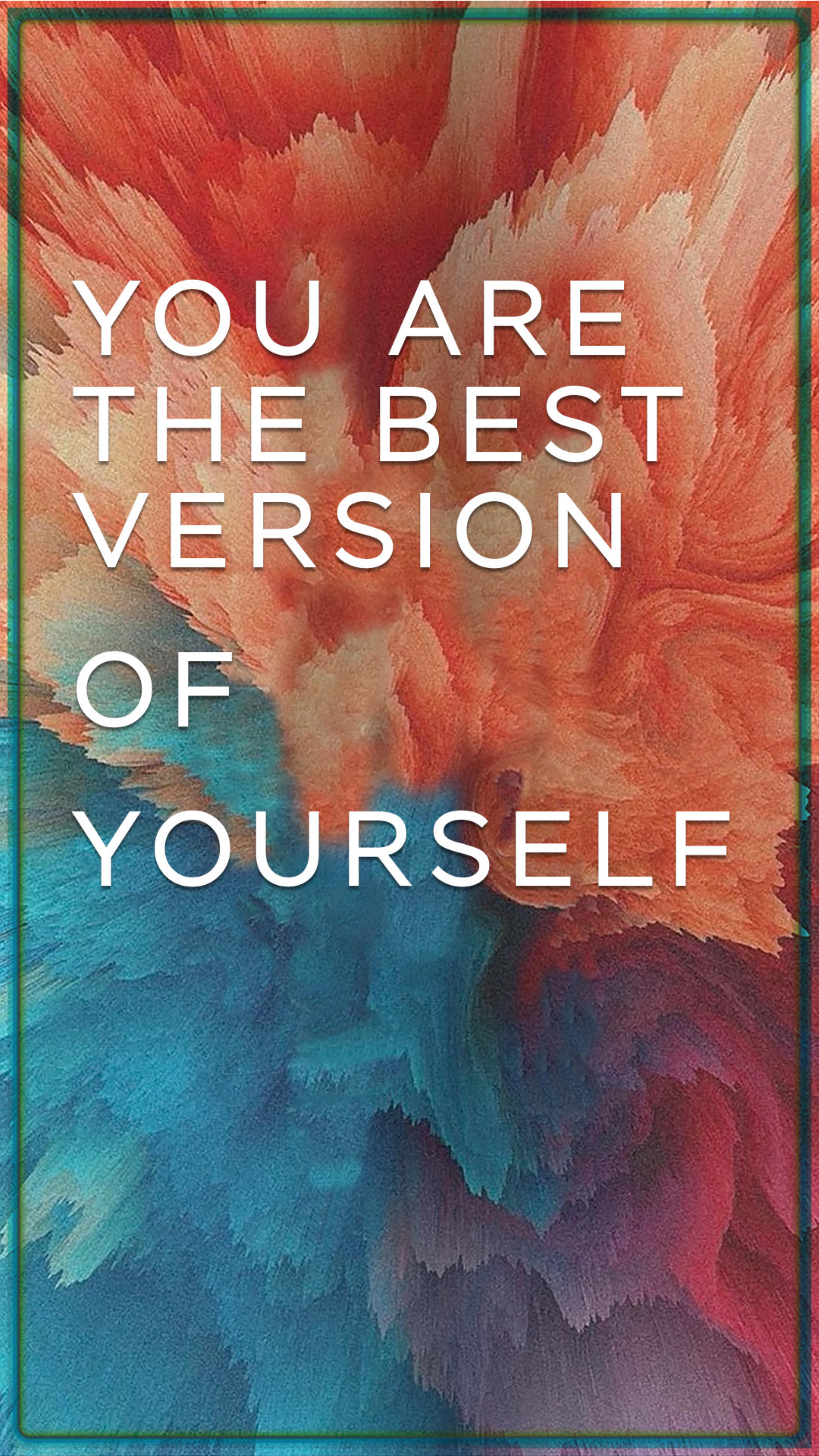
LIFTING

BY

RISE

WE



The background is an abstract painting with visible brushstrokes. The top half features warm tones of red, orange, and yellow, while the bottom half transitions into cooler shades of teal, blue, and purple. A thin green border frames the entire image.

YOU ARE
THE BEST
VERSION
OF
YOURSELF