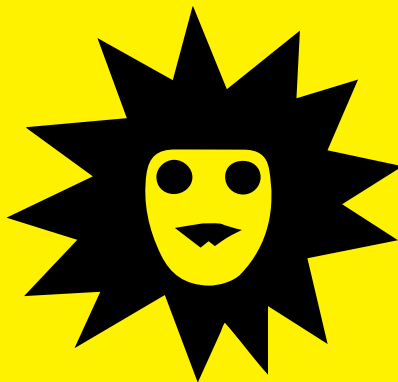


**BREAKTHROUGH AFFIRMATIONS
AND ATOMIC ACTIONS**



AMANDA LOEWE

**WELCOME TO
BREAKTHROUGH
AFFIRMATIONS AND
ATOMIC ACTIONS**

THIS IS A DOUBLE-SHOT ESPRESSO OF UNAPOLOGETIC ASSERTIVENESS AND AUDACIOUS ACTION, CREATED TO KICK-START YOUR DAY AND KEEP YOUR ENGINES REVVING LONG AFTER SUNSET.

Our journey through life often feels burdened with challenges and clouded by self-doubt. But remember, darling, the mountain yields to the stream, the mighty oak bends before the tempest, and the cosmos paves ways for the rule breaker. This is your time to blaze your own path, chart your own course, and color outside the lines with every shade of badass you can muster.

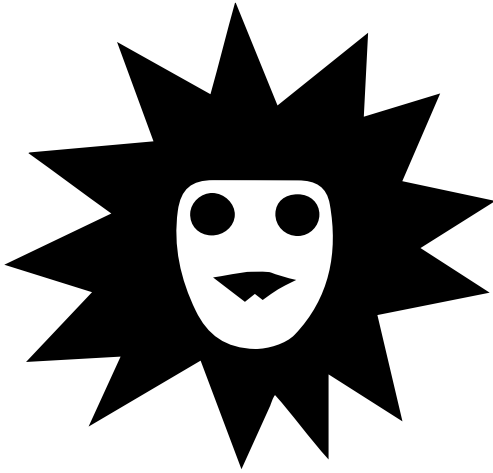
Each affirmation is a mantra, a war cry, and a hymn to your inner hero. And to take these affirmations from the realm of thought into the world of action, we've paired each one with a bold, playful action. Because, sugar, while thoughts shape our world, it's our actions that build it.

Pick an affirmation that resonates with your mood, or choose one at random, repeat it with gusto, roll it around in your mind, let it seep into every cell of your being. And then? Then it's time to act. The actions aren't giant leaps – they're tiny hops, skips, and jumps, designed to be fun.

You can use this as a trusty sidekick to DESIGN YOUR AWESOME LIFE workbook series or just on its own. It's your daily dose of dynamite to complement your journey, amplifying your growth, and turbocharging your transformation.

EMBARK, EVOLVE, AND BE EXTRAORDINARY





**I'M NOT A DEPLETED
BATTERY. I AM THE
SUN AND MY OWN
MAGNIFICENT SOURCE
OF POWER.**

ACTION

Schedule a time for self-care today. Whether it's a power nap, a short walk, or five minutes of deep breathing, take a moment to recharge. Avoid social media to shine more brightly.



I'M NOT SOME
SHALLOW, MOSQUITO-
BREEDING PUDDLE.
I'M THE RELENTLESS,
THUNDEROUS RIVER
CARVING THROUGH
MOUNTAINS AND
SHAPING LANDSCAPES.

ACTION

Stuff a shiny nugget of knowledge into your brain today - could be a wild fact, a new magic trick, or an enlightening perspective. Each bit of growth isn't just a count, it's a power-up, a level-up in the ongoing, thrill-packed game that is your life.



**I AM THE QUEEN OF
MY REALITY, AND MY
CROWN IS MADE OF GRIT,
COURAGE, AND NEON-
GLITTERED BADASSERY.**

ACTION

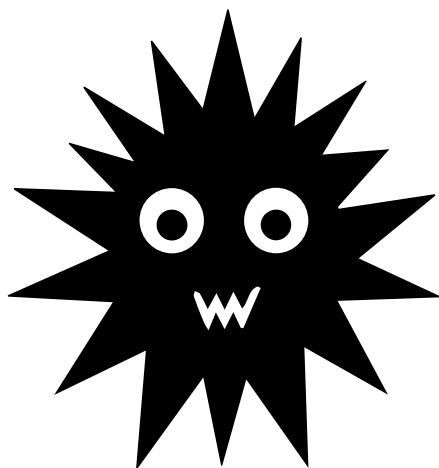
Find a picture of a crown and put it on your mirror. Each time you see it, look at your reflection, adjust your imaginary crown and remind yourself of its true composition: your strength, courage, and sparkling determination. Remember you rule over them with grace and grit.



**I AM A HIGH-VOLTAGE
POWERHOUSE,
CHANNELING
ELECTRIFYING
DETERMINATION TO
LIGHT UP THE DARKEST
CORNERS OF DOUBT.**

ACTION

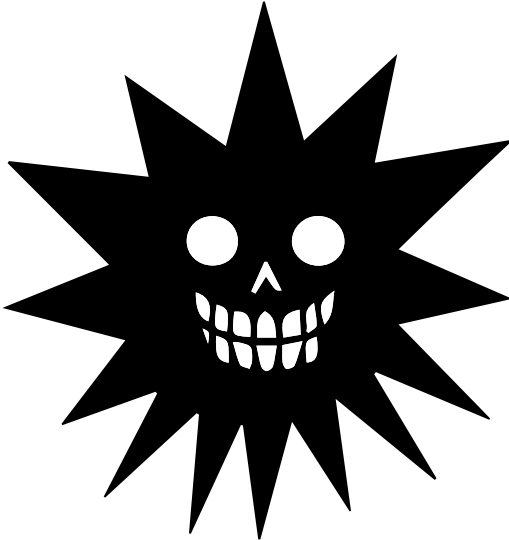
Turn off all the lights in your room, sit in the darkness for a minute, then dramatically switch the lights back on. Do this whenever you need a reminder of your ability to illuminate your own path.



**I'M NOT THE DINGHY
BOBBING AIMLESSLY
IN A TEMPEST. OH
NO, HONEY, I AM THE
GRAND LIGHTHOUSE,
STANDING MAJESTIC AND
IMMOVABLE IN THE FACE
OF ANY STORM.**

ACTION

Scribble down your giant 'to-do' monster. Now, ruthlessly slash off any task that doesn't deserve your queenly attention. Arrange the worthy survivors in order of importance. Knock them down, one at a time. Remember, darling, you're not just ticking off a list, you're commanding the waves of your life.



**I'M NOT A PEBBLE
CAUSING RIPPLES IN
A POND. I'M A METEOR
STRIKING THE OCEAN,
CREATING MASSIVE
WAVES OF IMPACT.**

ACTION

Crank up that shower, sweetheart. Let every droplet be a testament to your transformative power. As you cleanse, visualize each droplet contributing to your tidal wave of change. This isn't just hygiene, darling, it's your daily ritual of revolution.



**I'M NOT A LAZY SUNDAY
SNOOZE. I'M THE
ROARING MONDAY
ALARM CLOCK, WIDE-
AWAKE AND WIRED TO
ELECTRIFY THE WORLD.**

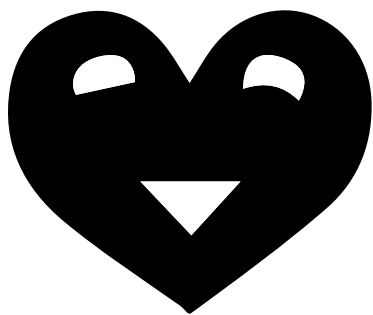
ACTION

Snatch that lingering task off your maybe-later shelf. Slice it into bite-sized chunks, and sink your teeth into the first morsel today. No more tiptoeing around it.

Today, you bite.

Today, you chew.

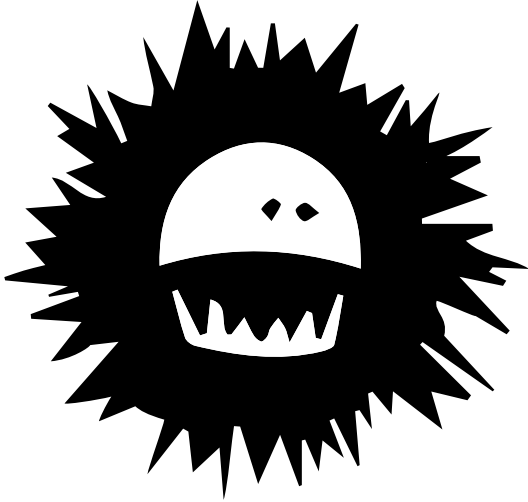
Today, you conquer.



I'M NOT SOME
NITPICKING, BENCH-
SITTING JUDGE. I'M THE
CROWD-ROUSING, FLAG-
WAVING CHEERLEADER
OF MY OWN DANG
PARADE.

ACTION

For every sneaky self-doubt that slithers in today, slap it down with a fist-pumping, self-loving thought. Turn that inner dialogue into a high-octane pep rally. Each negative thought is a ticket to unleash an even more powerful positive proclamation.



I'M NOT SOME FRAYED,
TANGLED KNOT OF
CONFUSION. I'M A
PRECISION-ENGINEERED,
SWISS WATCH, HUMMING
ALONG WITH SLEEK
EFFICIENCY AND KILLER
ORGANIZATION.



ACTION

Grab that chaos by its scruffy neck and give it a good shake-out today. Straighten up your workspace or your domestic chaos. Target that one nasty stress-goblin that's been giggling in the corner and show it who's boss. Today, you're not just cleaning up - you're claiming your space, your time, and your peace.



CRAVING FOR MORE?

If this little book of pick-me-ups wasn't enough to quench your thirst for life in overdrive, you might want to give 'Design Your Awesome Life' a try. It's a Workbook adventure that's all about transforming you into the best darn version of yourself.

Get DESIGN YOUR AWESOME LIFE by Amanda Loewe on Amazon

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THE CHERRY ON TOP

Over time, I'll be introducing more freebies, meticulously crafted to elevate your 'Design Your Awesome Life' experience.

Sign up for the newsletter, get your cherry-on-top treat, and stay tuned for all things awesome.

www.designyourawesomelife.com/goodies

