

*Change Your Mindset.
Change Your Life.*



Motivating Mindsets

31 Affirmations for Professionals to Bring Out Their Best Self.



HELLO *and* WELCOME

Dear Friend,

I am so thrilled to welcome you to the world of self improvement! Whether you are brand new to this path, or a seasoned traveler on the journey of personal growth, I am honored that you have chosen to join me.

On this journey, there will be many ups and downs, triumphs and challenges. But I want you to know that you are never alone. I am here to support you every step of the way, offering encouragement, wisdom, and compassion. And together, I believe we can achieve anything we set our minds to. This is also why I am sharing my Motivating Mindsets: 31 Affirmations for the professionals to bring out their best self.

Let me offer you a warm welcome, with a smile and a hug if you're up for it. Take a moment to enjoy one of my home-baked cookies, savor the delicious flavor and embrace all that lies ahead on our journey together. Let's laugh together, share our hopes and dreams, and make memories that will stay with us forever.

So let us begin this incredible journey with open hearts and boundless enthusiasm! Cheers to a lifetime of self-discovery and growth. Here's to living your best life ever. And most importantly: welcome!

Cheers and hugs

-Mellissa Rempfer, MA.Ed/AET, P.C.C., AWTP
www.TheSelfImprovementBox.com



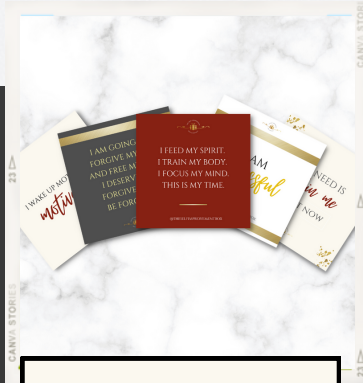
“

**WELCOME TO YOURSELF.
WELCOME TO ALL THAT IS
POSSIBLE FOR YOU.
LET THE ADVENTURE BEGIN!**

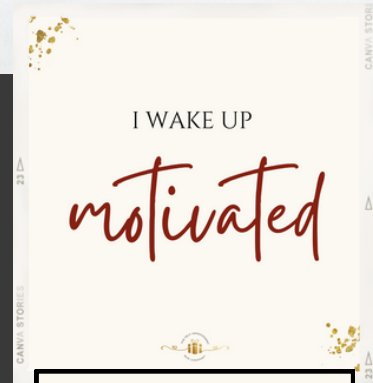


HOW TO ACCESS

We make it easy. Click on the "Download All" or "Download" button to access the file. Whether you want all at one time, or pick and choose what affirmations to work, your Motivating Mindsets Affirmations are just one click away.



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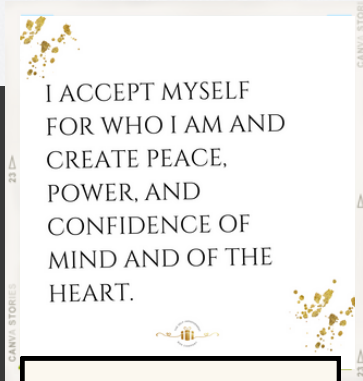


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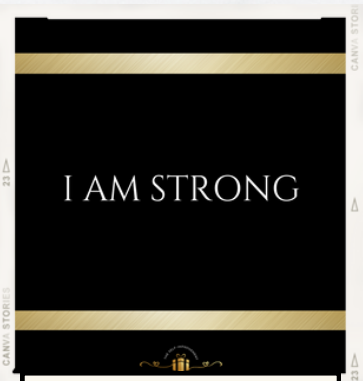
This is your chance to live out the beliefs you've been telling yourself for years. You can be more confident, authentic, and step up in every way possible! Take this opportunity now with these "Motivating Mindset Affirmations" that will help guide you on your journey through life personally or professionally.



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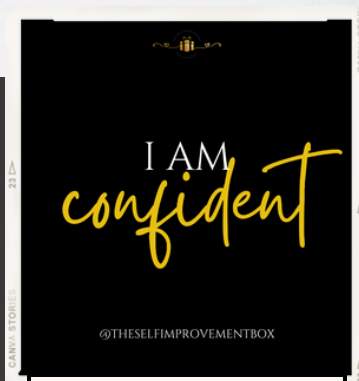
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Affirmations are great for helping you start your day with a positive mindset. You could place any affirmation provided here in a location that you will see daily (mirror, car, by your computer, or next to your coffee) to be little nudges to start your day out with the right mindset, attitude, and behaviors.



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You could create affirmations by choosing one of the many provided here, or writing your own affirmation to remind yourself about how powerful and capable we all really ARE inside!

I AM TURNING DOWN
THE VOLUME OF
NEGATIVITY IN MY LIFE,
WHILE SIMULTANEOUSLY
TURNING UP THE
VOLUME OF POSITIVITY.

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I AM FILLED
with focus

@THESELFIMPROVEMENTBOX

[Download](#)

I AM
powerful

@THESELFIMPROVEMENTBOX

[Download](#)

I AM NOT PUSHED BY MY
PROBLEMS; I AM LED BY
my dreams

@THESELFIMPROVEMENTBOX

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THROUGH THE POWER
OF MY THOUGHTS AND
WORDS, INCREDIBLE
TRANSFORMATIONS
ARE HAPPENING IN ME
AND WITHIN MY LIFE
RIGHT NOW

@THESELFIMPROVEMENTBOX

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I AM GRATEFUL FOR
EVERYTHING I HAVE IN
my life

@THESELFIMPROVEMENTBOX

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Positive affirmations are the key to success.
They will help you achieve what it is that matters most in life, and keep those things close where they belong- in your heart!



A white affirmation card with a gold border. At the top center is a small gold gift icon. The text reads "Note to self:" in red cursive, followed by "I AM GOING TO MAKE YOU SO PROUD" in black uppercase. At the bottom is the handle "@THESELFIMPROVEMENTBOX".

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A white affirmation card with a gold border. At the top center is a small gold gift icon. The text reads "I AM" in black uppercase, "independent" in red cursive, and "AND SELF-SUFFICIENT" in black uppercase. At the bottom is the handle "@THESELFIMPROVEMENTBOX".

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A dark grey affirmation card with a gold border. At the top center is a small gold gift icon. The text reads "I BELONG IN THIS WORLD; THERE ARE PEOPLE THAT CARE ABOUT ME AND MY WORTH." in white uppercase. At the bottom is the handle "@THESELFIMPROVEMENTBOX".

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A white affirmation card with a gold border. At the top center is a small gold gift icon. The text reads "I'VE MADE IT THROUGH HARD TIMES BEFORE, AND I'VE COME OUT STRONGER AND BETTER BECAUSE OF THEM. I'M GOING TO MAKE IT THROUGH THIS" in black uppercase. At the bottom is the handle "@THESELFIMPROVEMENTBOX".

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A dark red affirmation card with a gold border. At the top center is a small gold gift icon. The text reads "HAPPINESS IS A CHOICE, AND TODAY I CHOOSE TO BE HAPPY" in white uppercase. At the bottom is the handle "@THESELFIMPROVEMENTBOX".

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A dark grey affirmation card with a gold border. At the top center is a small gold gift icon. The text reads "I HAVE MADE MISTAKES, BUT I WILL NOT LET THEM" in black uppercase, followed by "define me" in yellow cursive. At the bottom is the handle "@THESELFIMPROVEMENTBOX".

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In order to create the life that you want, it's important for people to start with their mindset. Your thoughts are what make up your world and you can either empower or diminish any potential opportunities in front of yourself; so keep them positive!

The world is waiting for you.

We believe in you!

MY LIFE HAS
MEANING.
WHAT I DO HAS
MEANING.
MY ACTIONS ARE
MEANINGFUL AND
INSPIRING.

@THESELFIMPROVEMENTBOX

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TO GET SOMEWHERE NEW
YOU MUST FIRST DECIDE
THAT YOU ARE TIRED
OF BEING
Where You Are

@THESELFIMPROVEMENTBOX

Download

MORE THAN JUST MINDSET

Want to continue supporting your personal growth and self improvement (head, heart, body, and soul)? Let me introduce you to a monthly treat to help you be the best version of yourself. Welcome to the Self Improvement Box. A monthly box for professionals as a gift of love, personal self-improvement, and making the world better one box at a time.

Imagine receiving:

- Your **customized box of resources and goodies** (curated just for you, to bring a smile to your face)
- **Practical motivating training** with a different theme/topic each month
- Love 'ah ha' moments? We provide a **self awareness inquiry activity** so that you can have several over the month
- Take the monthly learning into action with a **skills developing "practice"** so you gain more mastery and confidence embodying being the best YOU
- And don't forget about being in "the Club". Join a **community of like minded, like hearted, action taking professionals** dedicated to growing themselves and making the world a better place



Yes I Want a Box

Join now and save 50% off your first month for a 3 month or ongoing subscription.

Use coupon, "HUGS" and give yourself the great gift of self improvement.

Love Yourself. Grow Yourself. Treat Yourself.

Reserve your first box now!

www.TheSelfImprovementBox.com