

A woman with curly hair and sunglasses is looking out over a city from a balcony. The background is a blurred cityscape with a white railing in the foreground.

Say it
Believe it
Repeat

Thirty-One Day

POSITIVE
AFFIRMATION

CHALLENGE FOR WOMEN

CHERIE HARRIS
CERTIFIED LIFE & CAREER COACH



About The Author

CHERIE HARRIS IS A CERTIFIED LIFE & CAREER COACH AND CORPORATE TRAINER WITH 30+ YEARS OF EXPERIENCE IN THE CORPORATE SECTOR. ORIGINALLY FROM NEW YORK, SHE NOW LIVES IN LOS ANGELES AND IS PASSIONATE ABOUT HELPING PEOPLE REACH THEIR GOALS AND LIVE A LIFE OF FULFILLMENT.

CHERIE IS THE FOUNDER OF CORPORATE CONCIERGE, WHERE SHE SPECIALIZES IN HELPING PEOPLE NAVIGATE THEIR CAREER & BUSINESS DECISIONS AND CREATE THE LIFE THEY WANT FOR THEMSELVES. SHE IS COMMITTED TO HELPING HER CLIENTS ACHIEVE THEIR GOALS AND MAKE A LASTING IMPACT.

WHETHER IT IS THROUGH LIFE COACHING, CORPORATE TRAINING, OR A COMBINATION OF BOTH, HER COMBINATION OF EXPERTISE, ENTHUSIASM, AND KNOWLEDGE ALLOWS HER TO PROVIDE TAILORED SUPPORT TO INDIVIDUALS AND TEAMS. SHE HAS WORKED WITH CLIENTS IN A VARIETY OF INDUSTRIES AND IS PASSIONATE ABOUT HELPING THEM REACH THEIR HIGHEST POTENTIAL.

Cherie Harris

Congratulations



ON TAKING THE 31-DAY POSITIVE AFFIRMATION CHALLENGE. I HAVE USED AFFIRMATIONS FOR YEARS AND IT HAS HELPED ME SHIFT NEGATIVE SELF-TALK INTO POSITIVE SPEECH. NOW WHEN THAT EVIL VOICE "TRIES" TO GET AT ME I AM ABLE TO IDENTIFY IT AND COMMAND IT AWAY. AND YOU CAN DO THE SAME. ENJOY A LIFE OF NO LONGER BEING CONTROLLED BY THAT DEVIL ON OUR SHOULDERS SPEWING LIES TO YOU. YOU CAN ACHIEVE ALL YOU DESIRE AS LONG AS YOU BELIEVE. I'M EXCITED ABOUT WHAT YOU YOU'RE ABOUT TO DISCOVER ABOUT WHO YOU ARE!

Cherie Harris

31 - Days of Positive Affirmations

THIS 31-DAY GUIDED CHALLENGE IS AN EFFECTIVE TOOL TO HELP YOU CULTIVATE A POSITIVE MINDSET. EACH DAY, YOU WILL RECEIVE A NEW AFFIRMATION TO FOCUS ON. TO MAXIMIZE THE BENEFITS OF THIS CHALLENGE, IT'S CRUCIAL TO PREPARE YOURSELF BY CREATING A DEDICATED TIME AND SPACE FOR YOUR DAILY AFFIRMATION PRACTICE. WHEN RECITING YOUR AFFIRMATIONS, USE POSITIVE LANGUAGE AND REPETITION TO REINFORCE THE MESSAGE IN YOUR SUBCONSCIOUS. CHALLENGE ANY NEGATIVE SELF-TALK AND REPLACE IT WITH POSITIVE AFFIRMATIONS TO HELP YOU RETRAIN YOUR BRAIN AND BUILD A MORE POSITIVE AND RESILIENT MINDSET. CONSISTENCY IS KEY TO SUCCESS, SO PRACTICE DAILY TO ACHIEVE YOUR GOALS.

SUPPLIES YOU'LL NEED

(PRINTER, SCISSORS, ENVELOPE, DEDICATED NOTEBOOK OR JOURNAL)

HERE'S HOW TO PREPARE FOR THE CHALLENGE

- CUT OUT EACH AFFIRMATION, PLACE THEM IN ORDER BY DATE, AND PLACE THEM IN AN ENVELOPE THAT YOU CAN EASILY ACCESS
- EACH MORNING PULL OUT THE DAY'S AFFIRMATION AND SAY IT REPEATEDLY WHILE YOU'RE GETTING DRESSED FOR THE DAY
- SPEND 15 MINUTES JOURNALING YOUR THOUGHTS ABOUT THE DAY'S AFFIRMATION. HOW IT RESONATES WITH YOU AND HOW ARE YOU COMMITTED TO BELIEVING IT TO BE TRUE
- POST THE AFFIRMATION SOMEWHERE VISIBLE WHERE YOU CAN SEE IT THROUGHOUT THE DAY. POSITIVE IMAGERY IS JUST AS IMPORTANT AS REPETITIVE AUDIO.
- SAY THE AFFIRMATION, AND THINK OF IT AS MANY TIMES THE DAY AS YOU CAN. AND DON'T FORGET TO SAY IT A FEW TIMES BEFORE GOING TO BED.

MY PERSONAL TIPS

- RECORD YOURSELF SAYING THE AFFIRMATION AND LISTEN TO IT WHILE TRAVELING TO WORK
- TAKE A PICTURE OF ALL THE SHEETS WITH YOUR PHONE, SO YOU CAN REFER BACK TO THEM AT ANY POINT

HAVE FUN, BE CONSISTENT, DO THE WORK, AND SEE HOW MUCH MORE POWERFUL YOU'LL BECOME.

You Got This!

01

I am capable of achieving anything I set my mind to, and I will not let self-doubt hold me back.

02

I am worthy of success and happiness

03

I AM BEAUTIFUL INSIDE AND OUT, AND I RADIATE POSITIVITY AND CONFIDENCE.

04

I am grateful for all opportunities that come my way

"I am no longer accepting the things I cannot change. I am changing the things I cannot accept." - Angela Davis

05

*I have the
power to
overcome any
obstacle.*

06

**I am in
control of
my
thoughts
and
emotions.**

07

**I have the
skills and
knowledge
to succeed**

08

*I am kind,
compassionate,
and worthy of
love and
acceptance
from myself
and others.*

"I've learned that people will forget what you said, people will forget what you did, but people will never forget how you made them feel." - Maya Angelou

09

**I AM DESERVING OF
HAPPINESS AND
FULFILLMENT, AND I
WILL NOT LET ANYONE
OR ANYTHING STAND IN
MY WAY.**

10

*I am confident
in my vision and
the path I am
taking.*

11

I AM
SURROUNDED
BY POSITIVE
ENERGY AND
PEOPLE WHO
SUPPORT ME.

12

***I am creating
a life I love
and am proud
of.***

The most common way people give up their power is by thinking they don't have any." - Alice Walker

13

**I am
constantly
learning and
growing.**

14

*I am worthy of love,
respect, and success,
and I will not settle
for anything less.*

15

**I AM OPEN TO
NEW
OPPORTUNITIES
AND
EXPERIENCES.**

16

*I am Beautiful
Woman who is
to be respected
and loved*

"The best way to predict your future is to create it." - Dr. Mae Jemison

17

I no longer live my life to please others. It's ok to put me first.

18

I am deserving of abundance and prosperity.

19

I HAVE THE COURAGE TO SPEAK MY TRUTH AND STAND UP FOR WHAT I BELIEVE IN.

20

I AM IN CONTROL OF MY LIFE AND WILL NOT LET OTHERS DICTATE MY PATH.

"I have come to believe over and over again that what is most important to me must be spoken, made verbal and shared, even at the risk of having it bruised or misunderstood." - Audre Lorde

21

**I HAVE THE POWER
TO CREATE A
POSITIVE CHANGE
IN MY LIFE.**

22

**I am financially
empowered
and make smart
financial
decisions.**

23

**I AM
SUCCESSFUL
AND WILL
CONTINUE TO
ACHIEVE MY
GOALS.**

24

**Lord, Please
remove anyone
and anything in my
life that does not
align with the
plans you have for
my life**

"If you don't like the road you're walking, start paving another one." - Dolly Parton

25

*I am surrounded
by love and
support.*

26

**I am capable
of making a
difference in
the world.**

27

**I AM WORTHY
OF LOVE AND
RESPECT, BOTH
FROM MYSELF
AND OTHERS.**

28

**I am grateful for
all the
experiences that
have led me to
this moment.**

"The only way to do it is to do it." - Amelia Earhart

29

*I choose to focus
on the positive and
let go of negativity
and self-doubt.*

30

**I am
grateful for
all the
blessings in
my life.**

31

**I AM
ENOUGH!**

"I have accepted fear as a part of life, specifically the fear of change... I have gone ahead despite the pounding in the heart that says: turn back." - Erica Jong

Share Your Progress



LET ME KNOW HOW IT'S GOING. SHARE PICTURES OF YOU JOURNALING, READING YOUR AFFIRMATION, OR ANY NEW WINS THAT COME FROM YOUR NEW POSITIVE SELF TALK.



@CORPORATE_CONCIERGE

I hope you enjoyed reading this e-book and are able to begin implementing some of these tips in your everyday life to help you stay motivated.

Visit us online for more eBooks and training
and
To learn more about my coaching services and workshops visit me
at


www.TheCorpConcierge.net

Cherie

31DayAffirmationChallenge.com

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