



31 Days
of

EMPOWERED *fem*
Affirmations

www.EmpoweredFem.org



My Thoughts About Today:

*I have all that is required to be successful
and will be so by focusing on what is good in
my life and not what is lacking.*



EMPOWERED *fem*

My Thoughts About Today:



*Today I choose to let my light shine
brightly and point the way for others.*

EMPOWERED*fem*

My Thoughts About Today:



*I am an empowered woman. I
can and will do all the things I
set out to achieve and will do
them with excellence and swag.*

EMPOWERED *fem*

My Thoughts About Today:



*Today I will lead with poise and power.
I will draw from others' belief in me
when I am feeling unsure of myself. I
will use my voice and ensure I am heard.*

EMPOWERED*fem*

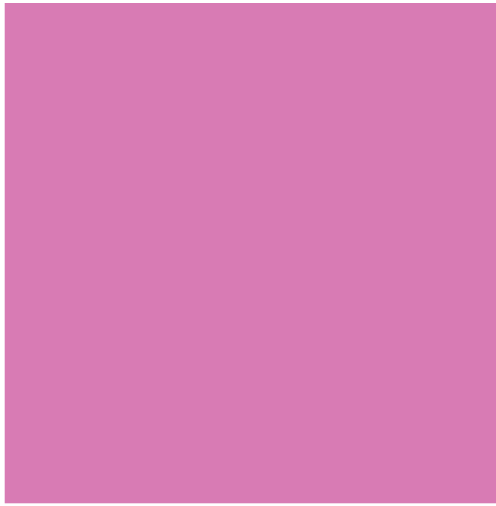
My Thoughts About Today:



I am stronger than the chains of average thinking, debt, and credit. I have all that I need and will use it wisely so I can make room for more.

EMPOWERED*fem*

My Thoughts About Today:



My Thoughts About Today:

I will look for opportunities today and receive all that is available to me by not allowing my insecurities or fears to hinder me from moving forward when doors are opened.

EMPOWERED *fem*

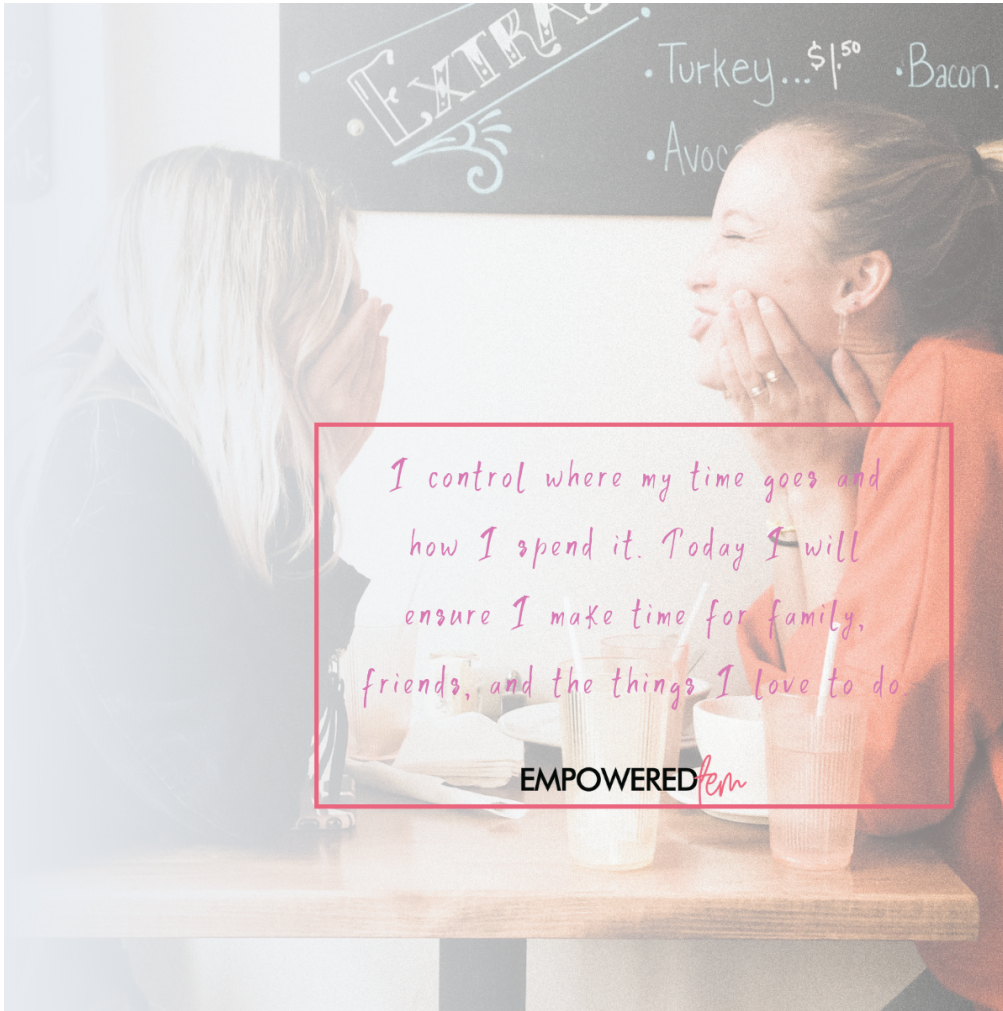
My Thoughts About Today:



*I embrace the magic within me and
accept myself as I am for who I am.*

EMPOWERED *fem*


My Thoughts About Today:



*I control where my time goes and
how I spend it. Today I will
ensure I make time for family,
friends, and the things I love to do*

EMPOWERED *fem*

My Thoughts About Today:



*My light shines so
bright that it attracts
others who do not fear
allowing theirs to shine
as well. Today I
welcome others into my
life with open arms.*

EMPOWERED*fem*

My Thoughts About Today:

*I will spend my time, money, and energy
on things I enjoy and appreciate, not
to look a certain way to please others.
I am perfect just as I am.*



EMPOWERED*fem*

My Thoughts About Today:



*Today, I will allow my inner
strength to speak for me when I feel
unheard or unwelcome.*

My Thoughts About Today:

It is my job to see my value and accept who I am. Today, I will put my ability to see my value ahead of how others see me. They cannot see what I don't know exists within me so I will pave the way for others to see my bright light.

EMPOWERED *fem*

My Thoughts About Today:



*Today I choose to forgive anyone
who has hurt me so I can be free
from holding them in chains.*

EMPOWERED *fem*

My Thoughts About Today:



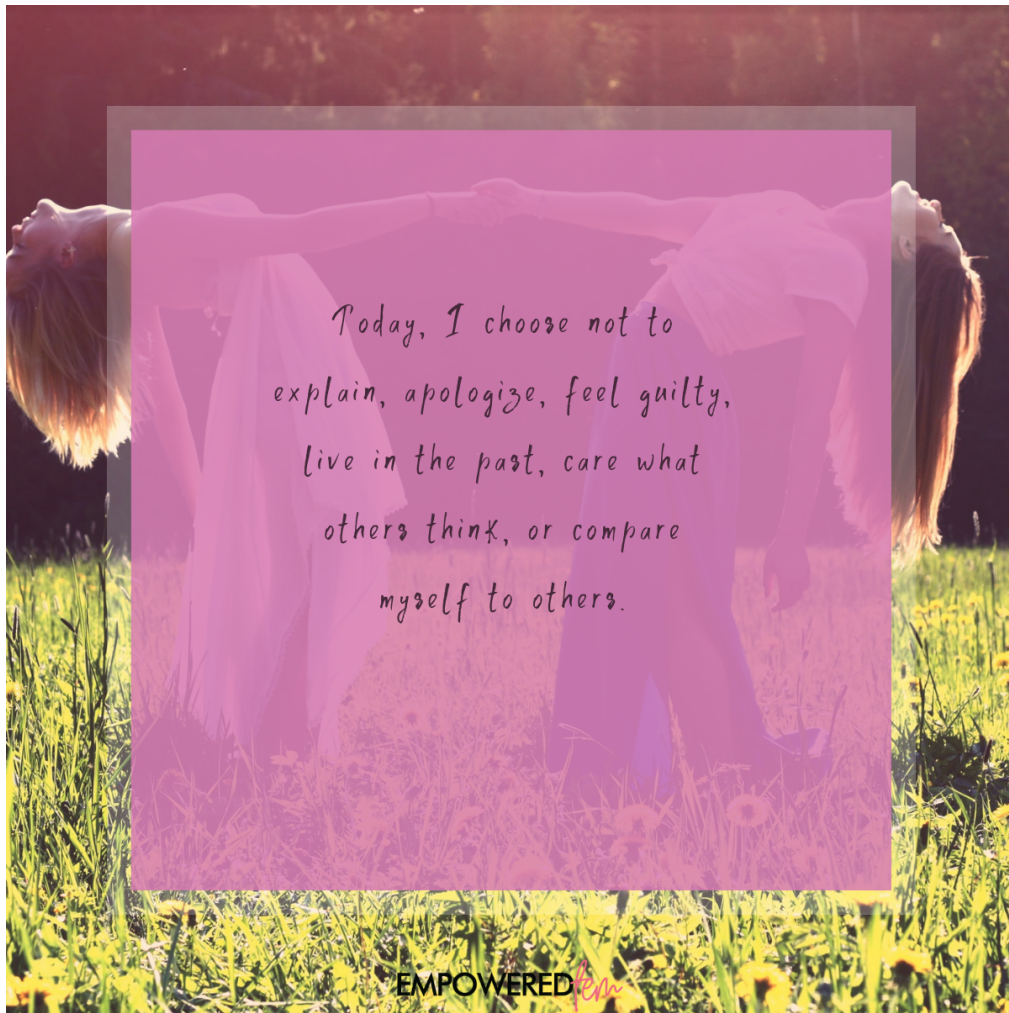
*I am a strong, empowered woman
who will ask for help when I need
it and express my emotions even
when it feels weak to do so.*

EMPOWERED*fem*

My Thoughts About Today:



My Thoughts About Today:



Today, I choose not to
explain, apologize, feel guilty,
live in the past, care what
others think, or compare
myself to others.

EMPOWERED *fem*

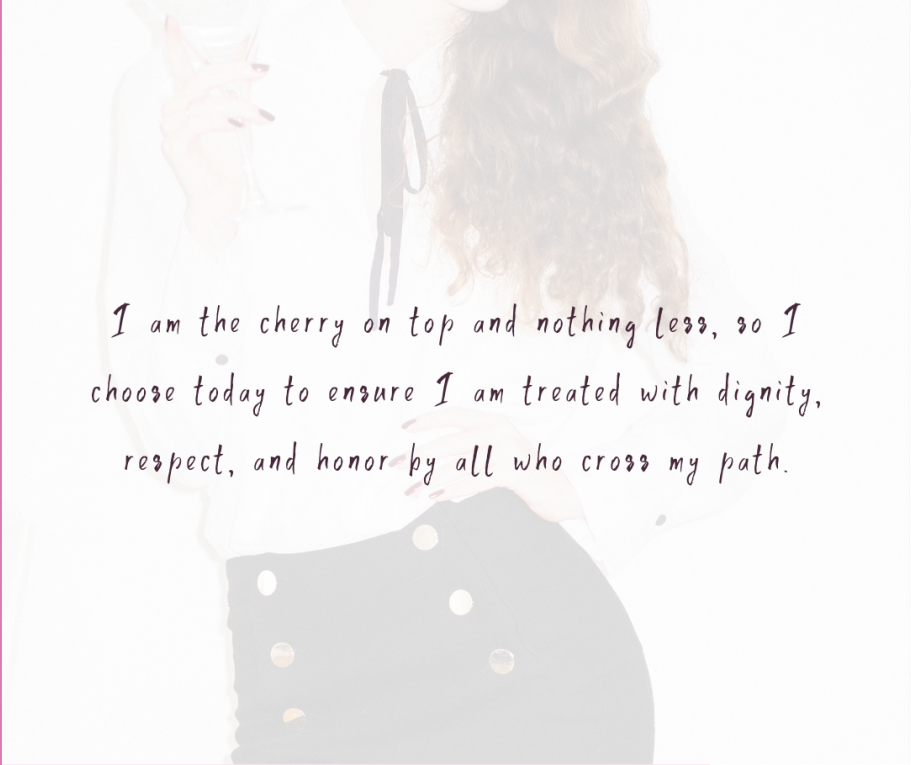
My Thoughts About Today:



Today I will listen to
my body and take time for
both self-care and
professional growth.

EMPOWERED *fem*

My Thoughts About Today:



*I am the cherry on top and nothing less, so I
choose today to ensure I am treated with dignity,
respect, and honor by all who cross my path.*

EMPOWERED *fem*

My Thoughts About Today:



I am thankful for all opportunities that will be given to me today to teach and be taught. I will open doors for myself and others through each opportunity.

EMPOWERED *fem*

My Thoughts About Today:



*I will have all that I
desire and more because I
am focused, calm, and
ready to achieve my goals.*



EMPOWERED *fem*

My Thoughts About Today:



*I am open to receiving additional support today
from positive-minded individuals ready to help me
level up and reach my goals.*

My Thoughts About Today:



My Thoughts About Today:



*I am grateful for the love and support currently within
my life and welcome more of it into my world.*

EMPOWERED *fem*

My Thoughts About Today:



I am fun and focused, coachable and confident, sexy and smart. Today I embrace all of my qualities and release them for others to see within me.

EMPOWERED*fem*

My Thoughts About Today:



My Thoughts About Today:



I accept fully that I can be both sexy and intelligent and will not question either of them.

I will not play myself small so others can feel more powerful but will instead shine bright today.

EMPOWERED *fem*


My Thoughts About Today:



*Today I will enjoy the world around me
and take each moment as it comes versus
planning my entire day.*

EMPOWERED*fem*

My Thoughts About Today:



I manage my time like a queen. I know where each minute will go today and will not allow interruptions to distract me from my purpose. If an emergency arises, I will handle it with poise and reset my day according to my priorities and boundaries, not others'.

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My Thoughts About Today:

Today I will celebrate my strengths,
accept my weakness, and welcome into
my life the tools to become stronger.



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My Thoughts About Today:



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Follow us on any of our social media platforms. We have webinars, brunches, lives, and so much more for you to get involved with as we all glow and grow together. Our founder, Zoraida Basaldu, is here to empower you as you empower the next generation to go for the most audacious dreams they can think of - and accomplish them! Let's show our teens, tweens, and youth how precious they are and how much they have within them by being our best as Empowered Fems.