

Daily Empowerment Guide

Empowering questions to ask yourself (morning)

Repeat these questions every day when you wake up. Sit in a quiet place and remove all distractions. Concentrate on your voice and the answers. Be honest and don't hold back.

What makes me happy in my life right now?
What about this makes me happy?
How does this make me feel?

What makes me excited in my life right now?
What about this makes me excited?
How does this make me feel?

What am I proud about in my life right now?
What about this makes me proud?
How does this make me feel?

What makes me grateful in my life right now?
What about this makes me grateful?
How does this make me feel?

What do I enjoy the most in my life right now?
What about this do I enjoy?
How does this make me feel?

Who do I love? Who loves me back?
What about this makes me feel loved?
How does that make me feel?

How can I feel good today?
How can I heal my relationships today?
How can I stay present?
How can I develop more inner peace?
What can I contribute to the world today?

What are my top 5 goals?
What can I do today to get closer to achieving them?

What guidance can I ask for today?
What can I pray for today?
If this is the last day of my life, how would I spend it?

Empowering questions to ask yourself (evening)

Repeat these questions every day when you come back from work or at the end of your day. Sit in a quiet place and remove all distractions. Concentrate on your voice and the answers. Be honest and don't hold back.

What have I contributed today?

What did I learn today?
How were my energy vibrations today?
How can I improve?

Did I follow my intuitive thoughts?
What did they tell me?

Did I follow my heart's desires?
How did I go about this?

Did I allow for things to flow without being obtrusive?

How has today changed the quality of my life?
Am I glad to be on the journey I'm on?

What is the best thing that happened to me today?
How can I replicate this?

Did I progress today?

DAILY AFFIRMATIONS TO REPEAT TO YOURSELF

Repeat these affirmations every day either in the morning or when you're feeling down. Sit in a quiet place and remove all distractions. Concentrate on your voice. Speak audibly and confidently.

I will love unconditionally and will enjoy my life.

I will let go of attachments and will set myself free.

I love my life and I love my freedom.

I give and receive with an open heart.

I live in joy and I live in peace.

I will receive money easily and effortlessly.

I am healthy.

I am rich.

I am successful.

I am loved.

I will not let the past change me.

I will only focus on today.

I will improve every day.

I will follow my dreams.

I am deeply fulfilled with who I am.

I will let go of my problems.

I accept and let go.

I don't compare myself to anyone.

I focus and progress.

I don't focus on perfection.

I am patient with myself and others.

I will not criticize myself.

I will take 100% responsibility for my life.

I trust myself to make the right choices.

I trust my inner wisdom.

I will not get angry.

I will not get agitated.

I am strong.

I understand my discomfort isn't permanent.

I will not be depressed.

I will not be afraid.

I will not give up.

I am safe.

I will get out of this.