

# *Inner Trauma Transformation*

365 Trauma Healing Affirmations to Heal the Mind, Body & Soul

Rewire Your Subconscious Mind for

Healing, Positivity & Success

Kimberly Walters

## Conquering Negative Thoughts From the Past For Good

### Introduction

I wrote this book because I was born into adverse circumstances. Both of my parents were negatively impacted by the crack epidemic. Due to inability to cope with their trauma, my parents developed mental illness and resulted in long term substance abuse. As a result, my parents were unable to care for me so I was placed in foster care, at the age of five. After moving from house to house, I was eventually adopted at the age of 9 years old. I suffered emotional, physical, and sexual abuse while in foster and adoptive care; causing me to struggle with suicidal ideation and behavior. Feeling isolated and deeply depressed and thinking that I was a total waste of life, by the age of 10 I actively planned on committing suicide. The day I chose to act on my plans of suicide, my mother switched up my after school routine and took me to the library to borrow a new book. I asked the librarian for help this time around, as I had read the entire collection of Huckleberry Finn books; which were my favorite at the time.. The librarian handed me a book called "The child called IT" by David Peltzer. Little did I know, the story in the book not only would change my plans but save my life and change the trajectory of my entire life.

As years passed by, I tried my best to avoid my painful past by achieving success, in every aspect of my life. It wasn't until I was diagnosed with clinical depression, anxiety, and PTSD, due to childhood trauma, that I would be forced to deal with the pain of my past. So I began talk therapy; which supported me to cope with what I was experiencing. After several months of counseling sessions, I began to feel better, to a degree. I still experienced harsh critical self-talk, self-doubt, and suicidal thoughts; which impacted how I cared for myself and my family. It was then that I realized that I needed to do more for myself. Although therapy helped to unveil deeply rooted trauma, It was then that I discovered the healing power of affirmations; which led me to becoming the woman you see today.

I wrote this book to support you in transitioning from trauma survivor to trauma thriver so that you can become a better version of yourself and live purposefully from the inside out. This book includes all of the affirmations I have spoken to rewire my subconscious mind in the process of me transitioning from a trauma survivor into a trauma thriver.

You can thrive emotionally and mentally and recover fully from the negative effects of trauma. You can live a life full of love, joy, peace, and prosperity. It starts today. These 365 affirmations are powerful and work to support you to heal your mind, body, and soul from the pain of the past by rewiring your subconscious mind for healing and positivity.

If you need more support than this book can provide alone, book a call with me to see how I can support you in becoming a better version of yourself and living purposefully from the inside out.

[Www.KimberlyWalters.co](http://www.KimberlyWalters.co)

Kimberly Walters, Inspirational Speaker, Coach, Author

Note to the reader..

"Affirmations opens the door for change...

Essentially, you are saying to your subconscious mind: "I am taking responsibility for my actions. I am aware that there is something I can do to change my life."

When I talk about affirmations, I mean consciously choosing words that will either help eliminate something from your life or help create something new in your life.

Every time you think a thought and every word you speak is an affirmation, believe it or not. All of our negative self-talk and negative chatter, is a stream of affirmations that we are using in every moment of our life.

Not only are you affirming but you are creating your life experiences with every word and thought. Your beliefs are simply habitual thinking patterns that you learned as a child.

Many of them work very well for you and many of them do not, limiting your ability to create the things you say you want. What you want and what you believe you deserve may be two totally different things.

It is important to pay attention to your thoughts so that you can begin to eliminate the ones creating experiences you do not want in your life.

By reading these affirmations, daily, every now and then, or several at a time, you are taking the first step towards living purposefully from the inside out. I know you can do it, I believe in you!"

-Kimberly Walters

**Day 1.** I am showing up today and every day to change unhealthy habits into healthy habits.

**Day 2.** I fill my cup with love and care everyday before I tend to others.

**Day 3.** I am blessed with this life. I am available to more good than I have experienced in life.

**Day 4.** I am connected to my whole self and I am in harmony with my entire life.



**Day 5.** I am unique and I am an incredible person despite my past.

**Day 6.** I am free to express my truth and I am centered in my truth.

**Day 7.** I am powerful. I create my own reality with each new thought I think.

**Day 8.** I am an excellent friend to myself.

**Day 9.** I am an exceptional human being doing the best that I can do in the present moment.

**Day 10.** I am embracing all of who I am.

**Day 11.** I am saying kind things to myself with a smile on my face and love in my heart.

**Day 12.** I am joy, I am light, I am free. I am openhearted and I lead with my heart.



**Day 13.** I am peace and I am love.

**Day 14.** I am living a meaningful life and I am trusting life.

**Day 15.** I am learning from inner wisdom and allow it to guide me to make good decisions.

**Day 16.** I am evolving and improving everyday.

Day 17. I am listening to my inner voice and I am making wise choices day by day.

**Day 18.** I am radiating the light that I shine.

**Day 19.** My light shines bright and I will allow myself to be a light for others.

**Day 20.** I am carving reality with my thoughts and actions.



**Day 21.** I am mindful and I live in the present moment.

**Day 22.** I am living my purpose on earth and I am strong enough to be, all that I can be.

**Day 23.** I am deserving of the very best and I am accepting that I can create my reality.

**Day 24.** I am confident in myself and my skills and I am loving my uniqueness and my talents.

**Day 25.** I am full of potential and I am gifted.

**Day 26.** I am growing gracefully and thriving mentally, physically, emotionally, and financially.

**Day 27.** I am worthy of all of my dreams and I am capable of achieving all of my goals.

**Day 28.** I am so happy and grateful that I am courageous, magnificent, and brilliant.



**Day 29.** I am aligned in my beliefs, words, acts, and core values. I am integrity.

**Day 30.** I am counting my many blessings each and every day.

**Day 31.** I am aware of all that I am and all that is possible for me.

**Day 32.** I am open to life's care of me. I am loved.

**Day 33.** I am expressing my wants and communicating my needs.

**Day 34.** I am in flow with the rhythm of life.

**Day 35.** I am ready to accept the best and nothing but the best.

**Day 36.** I am loving my life and I am moving in harmony with the rhythm of life.



**Day 37.** I am steadily achieving greatness. I am giving and receiving love.

**Day 38.** I am an inspiration to others and I am proud of who I am for myself and for others.

**Day 39.** I am motivated and committed to become the very best version of myself.

**Day 40.** I am remarkably wonderful and brilliant.

**Day 41.** I am a highly blessed soul that is eager to reach my fullest potential.

**Day 42.** I am centered in my truth as I release limited beliefs and nourish thoughts of growth.

**Day 43.** I am making good decisions consistently.

**Day 44.** I am an observer of my thoughts and my feelings.



**Day 45.** I am educated, intelligent and I am wise. I am brilliantly created to succeed in life.

**Day 46.** I am dedicated, well-organized and persistent. I rule my day, each and everyday.

**Day 47.** I am making the most out of every hour of my day.

**Day 48.** I am defying all odds and statistics stacked against me.

**Day 49.** I am demanding the best from myself each and every day.

**Day 50.** I am understanding and patient in my evolution.

**Day 51.** I am healthy and balanced in mind, body, and soul.

**Day 52.** I am strong. I am nourishing my body as the vessel of my spirit.



**Day 53.** I am feeding my mind the best education possible.

**Day 54.** I am healthy, inside and out and I am revitalized in energy.

**Day 55.** I am soothing myself when I quiet my mind.

**Day 56.** I release thoughts of the past and of the future.

**Day 57.** I am beautiful and brilliant and I am acting on my creativity.

**Day 58..** I am endlessly enthusiastic about life.

**Day 59.** I am expressing the happiness of life and I am connected to my inner knowing.

**Day 60.** I am connected with my guidance.I am manifesting all of my dreams, goals, and desires.



**Day 61.** I am commanding my life and I am taking my power back and changing for the best.

**Day 62.** I am sure with my intentions. I set purposeful intentions each and every day.

**Day 63.** I am decisive in all acts and I am making the most of all opportunities.

**Day 64.** I am accountable for all of my creations.

**Day 65.** I am connected to all people for they are connected to me.

**Day 66.** I am aligned with my beliefs, words, and acts. I am in love with life.

**Day 67.** I am in flow as I create a rewarding life for myself and my loved ones.

**Day 68.** I am in flow and building momentum with every goal I accomplish.



**Day 69.** I am light and I am full of positive energy.

**Day 70.** I am materializing my beliefs, effortlessly and easily.

**Day 71.** I am persistent and resilient. I am determined to make the most out of my life.

**Day 72.** I am patient. I am bold. I am brave, I overcome challenges again and again and again.

**Day 73.** I am a portion of the world's wisdom and I am walking towards my dreams.

**Day 74.** I strive to make my dreams a reality each and every day.

**Day 75.** I am manifesting a better day everyday. I am well on my way to becoming my best self.

**Day 76.** I am evolving to my truest self.



**Day 77.** I am evolving into the better version of myself as I am limitless in my thinking.

**Day 78.** I am worthy of occupying space.

**Day 79.** I am limitless when it comes to creating good health and wealth into my life.

**Day 80.** I am a good person. I am very secure with myself.

**Day 81:** I am confident in my ability to make positive changes in every aspect of my life.

**Day 82.** I have very high self esteem. My self esteem is growing day by day.

**Day 83.** I value and honor my boundaries by saying "yes" to myself.

**Day 84.** I believe in myself and I believe in my abilities to take action each and every day.



**Day 85.** I am in control of my life. I am creating a beautiful life for myself, full of joy and peace.

**Day 86.** I am full of possibilities and I am infinite possibilities.

**Day 87.** I am intentional and I set and achieve my goals daily.

**Day 88.** I deserve to be happy, successful, and wealthy.

**Day 89.** I am worthy of love and attention

**Day 90.** Believing in myself comes naturally to me. I am unique and I have unique abilities.

**Day 91.** Every day my self worth is growing.

**Day 92.** I am worthy of having healthy relationships with people who want the best for me.



**Day 93.** I am attracting good things in my life.

**Day 94:** People are attracted to being with me because they see the good in me.

**Day 95.** I respect my boundaries and people respect me because I have boundaries.

**Day 96.** I am worthy of respect and appreciation and I deserve to be treated with respect.

**Day 97.** I attract people who respect me for who I am as an individual.

**Day 98.** I love and respect myself for who I am. I am worthy of love, success and happiness.

**Day 99.** I make a difference in the world and I have wonderful talents to share with the world.

**Day 100.** I am worthy of making my dreams come true.



**Day 101.** I have greatness and potential within me.

**Day 102.** I value my worth and I deserve having what I want in life.

**Day 103.** I have the power to change my circumstances in every aspect of my life.

**Day 104.** I love the person I am becoming and I am improving every day in every way.

**Day 105.** I make good and wise decisions about my health and my wealth.

**Day 106.** I believe in myself and my abilities to create wealth for myself.

**Day 107.** I radiate with self confidence and being confident comes easily to me.

**Day 108.** I am safe when I'm near other people and I can be tranquil in every situation.



**Day 109.** I practice being at peace with myself and others.

**Day 110.** By changing my thoughts, I create peace in my world.

**Day 111.** I am forgiving. I release judgement of myself and others.

**Day 112.** I choose to let go of the past and open my heart to love again.

**Day 113.** I believe everything happens for a reason and for my greater good.

**Day 114.** I am excited to start a new page in my life.

**Day 115.** I attract people who accept me and love me for who I am.

**Day 116.** I allow my heart to guide me because it is limitless.



**Day 117.** I create time and space to heal my mind, body, and soul.

**Day 118.** I learn to love myself unconditionally, more and more every day.

**Day 119.** I am focused on the positive aspects of my life.

**Day 120.** Life wants the best for me and I allow happiness to enter my world.

**Day 121.** I am grateful for all of my emotions as they teach me valuable lessons.

**Day 122.** I release my past and I reclaim my power.

**Day 123.** I give myself the gift of freedom from the past and move with joy into the future.

**Day 124.** I am always learning as I am a lifetime learner.



**Day 125.** I am rising above fear, as I embrace love and compassion for myself and others.

**Day 126.** I courageously embrace the good in my life and in myself.

**Day 127.** I am the master of my inner and outer world.

**Day 128.** I move into the future with joy and enthusiasm.

**Day 129.** My heart,mind, and body is getting stronger each day.

**Day 130.** My health and wealth is improving, my wealth is improving each and every day.

**Day 131.** I am in great shape, spiritually, physically, and emotionally.

**Day 132.** My body is capable of healing itself.



**Day 133.** I am healing. I allow myself time and space for my body to heal.

**Day 134.** I am gentle and kind with myself through the healing process.

**Day 135.** I believe in my ability to manifest happiness and healing in every aspect of my life.

**Day 136.** I choose to heal today and everyday.

**Day 137.** I am so happy and grateful now that everything in my life is working in my favor.

**Day 138.** I am viewing every emotion as guidance to my healing.

**Day 139.** I am of essence. I am beautiful. I am love.

**Day 140.** I have the power to overcome what happened to me.



**Day 141.** I am learning valuable lessons from mistakes, making me wiser and stronger.

**Day 119.** I am a seer and I am a visionary. I am powerful, I am powerful, I am powerful.

**Day 120.** I learn from every situation to heal and grow.

Day 121. I intend to set boundaries with others to protect my health and wellbeing.

**Day 121.** I am so happy and grateful now that I am stronger.

Day 123. I am independent in all aspects of my life.

**Day 122.** I free myself and radically accept the things I can change.

Day 123. I am changing in positive ways by releasing the things I cannot change.

**Day 123.** I am compassionate and kind. I am a being of love and light and I allow for myself to love myself and others.



**Day 124.** I am loved and lovable. I am light and I allow for my light to shine no matter what.

**Day 125.** I forgive myself for not spending time with myself. I forgive myself for not knowing better

**Day 126.** I have power over my own life. I have the power to heal my wounds, my wounds are healing.

**Day 127.** I am trusting of myself and of others. I am becoming stronger each and every day.

**Day 128.** I am releasing the past and I am receiving all that life has to offer.

**Day 129.** I matter to myself and others and I am excited about this new beginning.

**Day 130.** I am capable of loving again and I am learning to love myself unconditionally.

**Day 131.** I am enough. I have a lot to offer and I can find happiness in any situation.



**Day 132.** Everything is unfolding as it is supposed to. I am grateful for the lessons of life.

**Day 133.** I honor the love I radiate and I am deserving of love from myself and from others.

**Day 134.** I am excited to start my new life as I choose happiness, health, wealth, and harmony.

**Day 135.** I enjoy spending time with myself. I am free to be the best version of me.

**Day 136.** I am likable, lovable, and worthy of love.

**Day 137.** I am allowing myself to feel joy, to experience laughter, and to smile out of gratitude.

**Day 138.** I am working on me, for me. I am allowing myself to feel all my emotions.

**Day 139.** I am allowing my heart to open up to new possibilities. I am capable of trusting again.



**Day 140.** I attract positive and healthy relationships into my life.

**Day 141.** I am worthy of loving people, beautiful places and things.

**Day 142.** I add value to every room I walk in. I embody confidence and high self esteem.

**Day 143.** I put myself first and give myself the time, love, and space to heal.

**Day 144.** I am finding peace in myself as I connect with my intuition.

**Day 145.** I am healing more and more every day, as I surrender to the healing process.

**Day 146.** I am allowing myself to let go and I am trusting the process of change.

**Day 147.** I am beautiful, inside and out. I am valued and have high self esteem.



**Day 148.** I am holding my head up high while I heal emotional wounds.

**Day 149.** I nurture the relationship that I have with myself first.

**Day 150.** I am willing to open my heart to share the love that I have to offer.

**Day 155.** I am loved and I am loveable. I am limitless and so is my heart.

**Day 156.** I am honest with myself and everyone around me.

**Day 157.** I am integrity, resilient, and I am full of strength.

**Day 158.** I trust myself and listen to my intuition.

**Day 159.** I believe in my talents and skills to make things better wherever I go.



**Day 160.** I am operating in excellence. I am strong, courageous and worthy of all great things.

**Day 161.** I am stronger, wiser and more confident with each new day.

**Day 162.** I am doing the best that I can do with the knowledge that I have.

**Day 163.** I am the CEO of my life, I fire and hire people into my life as I choose.

**Day 164.** I stand up for myself by saying how I truly feel with kindness and love.

**Day 165.** I am becoming the person I know myself to be.

**Day 166.** I radiate with confidence in all that I do.

**Day 167.** I am brave enough to ask for what I want in life.



**Day 168.** I am courageous and I take action and follow through.

**Day 169.** I am letting go of what I cannot change.

**Day 170.** I forgive myself and release my past and the things I cannot change.

**Day 171.** I am free. I am healthy. I am wealthy. I can manifest my dreams and achieve my goals.

**Day 172.** I forgive myself and others.

**Day 173.** I am so happy and thankful now that my faith is unwavering.

**Day 174.** I am grateful for all of the good that surrounds me.

**Day 175.** I am so happy and grateful now that I intend to live each day to the fullest.



**Day 176.** I embrace good thoughts. I am a positive thinker. I am optimistic.

**Day 177.** I am grateful for my life, the people in it and all that is possible for me.

**Day 178.** I am full of infinite possibility.

**Day 179.** I am ready to make positive changes and I am open to new and exciting opportunities.

**Day 180.** I am creating my destiny. I am adapting to change.

**Day 181.** I am becoming a new version of myself.

**Day 182.** I support my success and I am supported by others.

**Day 183.** I am overflowing with joy, love and gratitude.



**Day 184.** I love and accept myself. I celebrate myself and others.

**Day 185.** I am capable of positive change.

**Day 186.** I open my heart to others by seeing the good in them.

**Day 187.** I believe that there is good in the world.

**Day 188.** I celebrate all that is right in the world.

**Day 189.** I am celebrating myself for all of my achievements and for the love that I share.

**Day 190.** I am becoming the person I always knew myself to be.

**Day 191.** I allow my light to shine, I radiate kindness and love in my heart.



**Day 192.** I inspire people with my kind words and courageous actions.

**Day 193.** I choose to be kind to myself and everyone I meet.

**Day 194.** I am giving and receiving love openly and freely.

**Day 195.** I am in a joyous and loving relationship with myself.

**Day 196.** I am worthy and deserving of love, trust and peace in my life.

**Day 197.** I am ready for healthy relationships.

**Day 198.** I am loyal to myself and others. I am at peace with myself and others.

**Day 199.** I release fear and embrace love and joy. I am full of peace, love and happiness.



**Day 202.** I release old habits that limit my potential. I am defying all odds and I create my future.

**Day 203.** I am becoming unstoppable on my path to success.

**Day 204.** I can achieve great things because greatness lives in me.

**Day 205.** I am releasing painful thoughts of the past.

**Day 206.** I am responsible for my emotions, I am responsible for how I act and treat others.

**Day 207.** I am endless possibility, I can become who I choose to become.

**Day 208.** I can transform my life on purpose, easily and effortlessly.

**Day 209.** I can redefine who I am again, and again, and again.



**Day 210.** I can own my story and love myself through the process.

**Day 211.** I can transform myself and every aspect of my life.

**Day 212.** I am evolving and I radically accept change in my life.

**Day 213.** I am choosing to feel good about myself each and every day.

**Day 214.** In every moment I can remind myself that I am doing the best I can.

**Day 215.** I am full of compassion for myself and for others.

**Day 216.** I am focusing on myself and who I am becoming.

**Day 217.** I visualize my best self, today and everyday.



**Day 218.** I am so happy and grateful now that I am well.

**Day 219.** I now accept and appreciate the feelings of good health and wellbeing inside of me.

**Day 220.** I am always presented with awesome new opportunities.

**Day 221.** I thrive under pressure and flow with what is happening in the moment.

**Day 222.** I always act on my successful ideas, creating abundance in my life.

**Day 223.** I am abundant, abundance positively impacts my wellbeing for my good.

**Day 224.** I am cultivating new healthy habits to support me in creating a life I love.

**Day 225.** I now accept and appreciate the abundance in my life.



**Day 226.** I allow myself to feel abundance from the inside out.

**Day 227.** I now accept and allow myself to live a full and abundant life.

**Day 228.** I love myself and others.

**Day 229.** Love works miracles in my life supporting me to create a life full of love and light.

**Day 230.** I am willing to make positive changes in my life.

**Day 231.** I am capable of positive change, positive changes can begin in this very moment.

**Day 232.** I am pleased with myself and all that I do. I am good enough just the way I am.

**Day 233.** I am grateful to know that it is my birthright to live a full and free life.



**Day 234.** I am living in comfort and joy.

**Day 235.** I allow my income to constantly expand.

**Day 236.** I am bringing about freedom and stability into my life.

**Day 237.** I am recognizing my body as a dear friend.

**Day 238.** I am taking good care of my body as it is the vessel of my soul.

**Day 239.** I am creative and I communicate effectively through expressing myself.

**Day 240.** I am worthy of receiving all good things.

**Day 241.** I am grateful that good flows into my life from unexpected and expected sources.



**Day 242.** I am the creator of my destiny. I am brilliant and remarkable in every way.

**Day 243.** I am opening my heart and I am willing to let go of all resistance in my life.

**Day 244.** I am grateful for a safe living space and it is filled with loving thoughts and memories.

**Day 245.** I am one with the power and wisdom of the source of all mankind.

**Day 246.** I am unlimited in my ability to create a life that I love.

**Day 247.** I inhale and exhale freely and fully. I am grateful for my breath. I am grateful for life.

**Day 248.** I have big dreams and I know that I deserve to make my dreams come true.

**Day 249.** I am having joyful thoughts to help me create joy in my world from the inside out.



**Day 250.** I am talented and gifted. I allow my abilities to support me to live an abundant life.

**Day 251.** I am so happy and grateful now that I am handling rage in positive ways.

**Day 252.** I am in control.

**Day 253.** I am centered in my truth and I focus on the experiences I desire the most.

**Day 254.** I am equally blessed. Opportunities to improve my life and well being are everywhere.

**Day 255.** I am a seer. I visualize the life I desire and take action to create the life I want to live.

**Day 256.** I am loving my life. I allow my endless supply of love to flow freely.

**Day 257.** I feed my body clean foods and beverages that are nourishing to my body.



**Day 258.** I exercise in fun ways everyday to support me in my wellness journey..

**Day 259.** I love life and I am so happy and grateful to be alive!

**Day 260.** I am willing to release the need to be and feel validated.

**Day 261.** I am stepping into my greatness and I am becoming all that I am destined to be.

**Day 262.** I feel good about people I attract in my life.

**Day 263.** My relationships are loving, healthy, and nourishing.

**Day 264.** I am free of burdens, I have great compassion for myself and others.

**Day 265.** I feel safe to go beyond the limitations other people placed on me.



**Day 266.** I am free to authentically be me. I am thriving in life.

**Day 267.** I am mindful of my words. I speak words of encouragement and inspiration to others.

**Day 268.** I am so happy and grateful now that I can release all struggles.

**Day 269.** I am in a space of peacefulness.

**Day 270.** I release the need to feel like a victim. I thrive and rise above all adversity.

**Day 271.** I create personal calm for myself, effortless and easily.

**Day 272.** I connect with my intuition daily.

**Day 273.** I release all expectations of myself and others.



**Day 274.** I am created to be and feel fulfilled.

**Day 275.** I am caring for myself the best I know how and I know that I am cared for.

**Day 276.** I am powerful. No one or nothing has power over my mind. I am in control.

**Day 277.** I am learning from my experiences in life.

**Day 278.** I am in the process of changing in a positive way.

**Day 279.** I am in a sacred relationship with my body.

**Day 280.** I am nurturing a positive relationship with my mind, body, and soul.

**Day 281.** I am the authority of my mind, body, and soul.



**Day 282.** I am rising above all limitations, mentally, emotionally, and physically.

**Day 283.** I believe that I am equipped to live and enjoy a prosperous and abundant life.

**Day 284.** I am so happy and grateful now that I am deeply fulfilled in every aspect of my life.

**Day 285.** I am so happy and grateful now that I can smile and feel joy for myself and others.

**Day 286.** I am open to new and wonderful experiences.

**Day 287.** I am so grateful that life brings me amazing experiences and new opportunities.

**Day 288.** I am capable of making the right decision.

**Day 289.** I recognize and connect with my own intuition.



**Day 290.** I open the gates of my heart, wider than ever before.

**Day 291.** I allow large amounts of love to flow from me and to me.

**Day 292.** I am blessed and highly favored.

**Day 293.** I feel great around people and people feel great around me.

**Day 294.** I believe in miracles, miracle after miracle is happening in my life.

**Day 295.** I am open to receiving more miracles in all aspects of my life, today and everyday.

**Day 296.** Miracles flow to me and I welcome them into my life with open arms.

**Day 297.** I release the need to people please. I take care of myself and my needs first.



**Day 298.** I look forward to the future with joy in my heart.

**Day 299.** I am so happy and grateful now that I have amazing relationships in my life.

**Day 300.** I am so grateful that the loving friendships I am searching for are searching for me.

**Day 301.** I am turning my search inwards and looking within myself.

**Day 302.** I am happy now that I am a seer and a unique individual.

**Day 303.** I feel safe sitting in silence to connect with myself.

**Day 304.** I connect with my inner knowing each and every day.

**Day 305.** I am growing and developing myself each and everyday.



**Day 306.** I am so grateful that my life continues to show evidence of my growth.

**Day 307.** I am moving into my greater good. I am living my life's purpose.

**Day 308.** I am integris. I act in integrity and honor for myself and others.

**Day 309.** I am choosing to think positively and believe bigger to create a life I will love.

**Day 310.** I am full of joy and I am in harmony with all of life.

**Day 311.** I release thoughts and ideas that are negative, harmful, and fearful for me.

**Day 312.** I am aware that I am powerful. I choose to use my power wisely.

**Day 313.** I am supported by the universe every step of the way.



**Day 314.** I am worthy of love and I am worth loving. I am surrounded by love.

**Day 315.** I am radiating good health, wealth, happiness, and peace of mind.

**Day 316.** I am so happy and grateful now that I am moving beyond limiting beliefs.

**Day 317.** I trust myself to take good care of myself. I am tuned in with my inner voice.

**Day 318.** I am open to connecting with my intuition. I am trusting my inner guidance.

**Day 319.** I affirm that I am well. I believe that there is healing in showing my emotions.

**Day 320.** I allow for myself to heal and feel my emotions.

**Day 321.** I believe that it is safe for me to share my feelings.



**Day 322.** I am awakening my consciousness to experience the possibilities that life has to offer.

**Day 323.** I am safe with myself, with others and in the world.

**Day 324.** I am adapting to change and growth.

**Day 325.** I am at ease with knowing that what I need to know is revealed to me at the right time.

**Day 326.** I see myself as a bold, and brilliant force who is wise and beautiful.

**Day 327.** I love what I see when I look into the mirror at me.

**Day 328.** I identify my body as a wondrous work of art, and I feel honored to live in it.

**Day 329.** I am a priority and I prioritize my needs first and foremost.



**Day 330.** I am in charge of my life. I am taking my power back and changing for the best.

**Day 331.** I release judgemental thoughts towards myself. I am approving of myself at all times.

**Day 332.** I am worthy of success and all of

**Day 333.** I am deserving of abundance, prosperity, and the very best in life.

**Day 334.** I deserve to take time out for myself by doing something that I like to do.

**Day 335.** I am worthy and valuable. I am enough.

**Day 336.** I deserve to achieve all of my goals and live out my wildest dreams.

**Day 337.** I am accepting and worthy to be celebrated, recognized, and complimented.



**Day 338.** I deserve to be acknowledged, it is an honor when people recognize me.

**Day 339.** I am a gift to others. People love me and treat me with the utmost respect.

**Day 340.** I am grateful now that I know that intention is what yields a purposeful living.

**Day 341.** I am moving through emotions to achieve my vision.

**Day 342.** I am visualizing my best self today and everyday.

**Day 343.** I am so happy and grateful now that I recognize the value of myself and my life.

**Day 344.** I am grateful now that I know that walking in my purpose leads to freedom in my life.

**Day 345.** I am focusing on healing my wounds and becoming the best version of myself.



**Day 346.** I allow myself to feel all emotions, as they are valid and they deserve my attention.

**Day 347.** I give myself permission to move forward in life and embrace the new with open arms.

**Day 348.** I am stepping out of my comfort zone to explore a new awareness and possibility.

**Day 349.** I am embracing of freedom and change.

**Day 350.** I welcome the new with open arms and an open heart.

**Day 351.** I am enjoying life and the blessings that I receive with each breath that I take.

**Day 352.** I am comfortable in my body.

**Day 353.** My body is beautiful and it takes me where I have to go, easily and effortlessly.



**Day 354.** I am surrounded by loving people who see the good in me.

**Day 355.** I am so grateful that I am taking action on my goals and creating the life of my dreams.

**Day 356.** I am balanced in work and life.

**Day 357.** I will react with patience and understanding to my emotions.

**Day 358.** I am an observer of my emotions and the emotions of others.

**Day 359.** I am tuned into the feelings of others. I hold space for myself and for others.

**Day 360.** I am created for success. I am successful.

**Day 361.** I am present and timely. I honor and respect people in my life.



**Day 362.** I am reclaiming my power by setting boundaries in place.

**Day 363.** I am always able to freely express my emotions.

**Day 364.** I am so happy and grateful now that I know that my body reflects my state of mind.

**Day 365.** My faith is greater than fear. I trust myself and I deserve to receive love and support.

## Hello! I have a community of amazing women just like you!

Where we strive to thrive in our self discovery journey so that we can become a better version of ourselves, manifest lives we love, and live purposefully from the inside out.

You can join our purpose driven community by clicking the link below.

Within this community we will celebrate your wins with you, provide you with additional resources to accompany you in your self discovery journey, and watch you become the high achieving woman you always knew yourself to be!

We can't wait to see you Lovely!

<https://bit.ly/LivingPurposefullyFacebookCommunity>

## About the Author



Kimberly Walters is the Owner of Walters Consulting & Services, Professional Life Coach, and Creator of the personal development brand, Inner Trauma Transformation. She specializes in trauma, mindset, and manifestation work. She has a unique methodology, stemming from a holistic approach. Her work is all about empowering women to live purposefully (from the inside out), building resilience to trauma, creating a mindset that empowers, turning their search inwards, creating a loving self-connection, and learning to truly accept and value themselves. Through her books, online courses, workshops, and 1:1 coaching practise she is opening the hearts and minds of women by helping them affirm wellness one day at a time.

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