

Discover your path to personal growth and renewal

The Elleyvated Reset: A Grounding Affirmation Guide



Realign, Refresh, and Rise through daily affirmations and mindful practices



How to Use This Guide

Daily and Weekly Check-Ins for Alignment

To fully embrace this guide, dedicate time daily or weekly for **self-reflection**. Start with deep breathing, followed by speaking or writing your chosen affirmations. Ritualize this process to ground yourself and **enhance your connection** to your goals.

Affirmations for Grounding

Foundation

Establishing a strong grounding practice

Grounding begins with **daily affirmations** to foster stability.

Clarity

Finding focus through mindful affirmations

Focused affirmations enhance your **mental clarity** and intention.

Empowerment

Building self-confidence with positive statements

Empower yourself with **affirmations** that inspire strength and courage.

Affirmations for Power & Confidence

**I am
powerful**

**Embracing my
strength daily**

I acknowledge my
inner strength and
believe in my abilities.

**I am
confident**

**Owning my self-
worth boldly**

I embrace myself with
confidence and radiate
positivity.

**I am
capable**

**Achieving great
things effortlessly**

I trust in my **skills** and
ability to succeed.

**I am
worthy**

**Deserving of all
great things**

I recognize my **value**
and accept my
worthiness.

**I am
resilient**

**Bouncing back
stronger than ever**

I embrace challenges
as **opportunities** for
growth and learning.

Affirmations for Self-Love

**I am
enough**

**Embracing my true
worth and value**

I recognize that I am
enough just as I am.

**I deserve
love**

**Opening my heart
to receive love
freely**

I understand that I am
worthy of **love** and
kindness.

**I am
worthy**

**Acknowledging my
inherent value and
potential**

I affirm that I am
worthy of all good
things.

**I forgive
myself**

**Letting go of past
mistakes and guilt**

I release my **past** and
embrace a brighter
future.

**I celebrate
me**

**Honoring my
uniqueness and
individuality daily**

I take time to
celebrate my
accomplishments and
qualities.

Affirmations for Abundance

**I Am
Abundant**

Acknowledging the richness around me daily

I embrace **opportunities and prosperity** in my life.

**Wealth
Flows to Me**

Attracting financial abundance effortlessly

I am a **magnet for wealth** and success.

**Gratitude for
My Blessings**

Recognizing the abundance in my life

I express **gratitude for all** that I have.

**Limitless
Possibilities**

Believing in my potential and growth

I am open to **endless opportunities** for success.

**I Attract
Success**

Aligning with my goals and dreams

I attract **success and fulfillment** in all I pursue.

Affirmations for Alignment

**I am
enough**

**Embracing my true
self and worth**

I acknowledge my
unique strengths and
accept myself fully.

**I trust the
process**

**Surrendering to the
journey of life**

I embrace every step
as part of my **growth**.

**I welcome
change**

**Adapting with an
open heart and
mind**

I see **opportunities** in
every challenge that
arises.

**I am
connected**

**Nurturing
relationships that
uplift and inspire**

I cultivate **meaningful
connections** that
support my journey.

**I am
powerful**

**Harnessing my
inner strength and
potential**

I believe in my
capability to create
positive change.



The 3-3-3 Reset Ritual

A simple practice to center your mind

The **3-3-3 Reset Ritual** is a powerful technique for grounding yourself. Take three deep breaths, recite three affirmations, and then pause for **three minutes** to reflect and embrace the present moment. This ritual enhances mindfulness and clarity.



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empowerment**

Connect with us at **ElleyvateWellness.com** and follow us on
TikTok @Elleyvate for daily inspiration, tips, and community
support. Together, we can realign, refresh, and rise to our highest
potential.