



BOOST YOUR *Mental* HEALTH FOR MEN

DAILY POSITIVE AFFIRMATION

PROLOGUE

HERE YOU WILL TAKE TIME OUT OF YOUR DAY TO LOVE ON YOURSELF. THIS BOOK ENTAILS A FULL WEEKS WORTH OF DAILY AFFIRMATIONS TO HELP YOU FEEL BETTER FROM THE INSIDE OUT. MEN ARE CHALLENGED ON A DAILY BASES IN LIFE AND NOT EXPECTED TO REACT. WELL , WHEN MEN FIGURE OUT THAT THEY ARE NOT TO JUST BE IN ROUTINE MODE GET UP GO TO WORK, PROVIDE, AND ACCEPT A WOMAN'S BULL THEN THEY WILL SOON COME TO SEE THE BETTER THEM FROM THE INSIDE SO THAT IT CAN REFLECT ON THE OUTSIDE. THEIR MAYBE SOME EYEBROWS RAISED ABOUT THIS PASSAGE ,BUT THE TRUTH MAY SET YOU FREE. MEN ARE KNOWN AS PROVIDERS WHICH IS TOTALLY FINE, BUT WHERE DID IT SAY THAT THE PROVIDER WAS TO GET RAN OVER, ABUSED, MISUSED, AND OVER LOOKED. ALSO, MEN ARE HUMAN. THEY HAVE FEELINGS AND EMOTIONS. A LOT OF MEN HAS TRAUMA BONDS THAT THE PARTNER OR FAMILY HAVE NO CLUE ABOUT BECAUSE THEY NEVER TOOK THE TIME OUT TO JUST ASK ONE SIMPLE QUESTION EVERY MAN SEEMS TO URN FOR ON A DAILY. NO NOT WHAT DO YOU WANT FOR DINNER? NO NOT DO YOU WANT TO MAKE LOVE? NEITHER HOW WAS YOUR DAY BECAUSE IF THEY START TO TELL YOU ARE YOU REALLY LISTENING? DO YOU REALLY CARE? A MAN NEEDS SOMEONE HE CAN HONESTLY CONFIDE INTO AND SOME ONE THAT CAN ASK HIM

"KING HOW IS YOUR MENTAL?"

DAY 1

- I AM MORE THAN ENOUGH.
- I AM STRONG, I AM BRAVE.
- I AM A KING, I AM RESILIENT.
- I OWE IT ALL TO MYSELF.
- I APPRECIATE MYSELF.
- I AM A GOOD PERSON.
- I AM DOING MY BEST.

DAY 2

- I AM GRATEFUL FOR MY SMALL WINS.
- I AM A SUCCESSFUL AND HAPPY KING.
- I AM BLESSED TO HAVE ANOTHER DAY OF LIFE.
- I AM GRATEFUL FOR EVERYTHING I HAVE IN LIFE.
- I CAN MAKE MYSELF HAPPY
- I AM DOING WELL IN LIFE.
- LIFE IS BEAUTIFUL.
- I LOVE MY LIFE.

DAY 3

- I DESERVE TO BE LOVED PROPERLY.
- I BRING OUT THE BEST IN PEOPLE.
- I VALUE THE PEOPLE IN MY LIFE.
- I AM EMPATHETIC, I DESERVE TO BE RESPECTED,
- I DESERVE THE BEST THINGS IN LIFE,
- I CHOOSE WHOM TO GIVE MY TIME TO.
- I DESERVE TO HAVE A GOOD LIFE.
- I AM TAKING CARE OF MYSELF

DAY 4

- I RELEASE STRESS, I RELEASE TENSION,
- I RELEASE WHATS NOT FOR ME,
- I RELEASE THE OLD ME, I RELEASE DEBT.
- I RELEASE THE NEGATIVITY,
- I RELEASE ANYTHING UNHEALTHY,
- I RELEASE ATTACHMENTS THAT MEAN ME NO GOOD,
- I RELEASE UNDER WAGE PAY FOR MY EXPERIENCE.
- I VALUE MY WELL-BEING,
- I DICTATE HOW MY DAY WILL GO,
- I RELEASE GRIEF, I RELEASE BURDENS,
- I RELEASE WHAT I CAN'T CHANGE,
- I RELEASE MY PAST AND ITS MISTAKES,
- I AM THE BEST VERSION OF ME.

DAY 5

- I TRUST MYSELF.
- IT'S OKAY TO SHOW EMOTION.
- I HAVE MANY GIFT'S AND TALENTS WITHIN MYSELF.
- PEOPLE LIKE ME FOR WHO I AM ON THE INSIDE.
- MY STRENGTH COMES FROM WITHIN.
- I'M NOT AFRAID TO ADMIT WHEN I AM WRONG.
- I AM A WARRIOR IN MIND, BODY , SOUL, AND SPIRIT.
- I AM OPEN TO NEW EXPERIENCES.
- I AM PHYSICALLY AND MENTALLY SOUND.

DAY 6

- I ADORE MY NEW ME.
- EVERYTHING I BEGIN I WILL FINISH WITH SUCCESS, I WILL ALWAYS LOVE MYSELF FIRST.
- ANYTHING MY MIND CAN CONCEIVE, I KNOW THE NEW ME CAN ACHIEVE.
- I HAVE EVERYTHING I NEED IN LIFE.
- I AM WEALTHY.
- I AM HEALTHY.
- I HAVE GREATNESS IN ME.
- IF EVER IN DOUBT I WILL REST BEFORE MAKING A DECISION.
- I AM LETTING GO OF THINGS THAT NO LONGER SERVE ME.

DAY 7

- I AM SUCCESSFUL, I AM WELL EDUCATED.
- I AM ABOVE ALL, I AM COMPLETE, I WILL BE KNOWN IN THIS LIFE AND BEYOND, I AM CREATING MY LEGACY, I AM ONE WITH THE UNIVERSE AND THE UNIVERSE SUPPORTS ME.
- I AM WORTHY OF LIVING A LIFE OF PURPOSE.
- I AM CAPABLE OF ACHIEVING GREATNESS.
- I WILL PUT MY ALL INTO EVERYTHING I DO FROM THIS DAY FORTH.
- I AM A LEADER, I HAVE DELETED MY NEGATIVE THOUGHTS, I HAVE DELETED MY PAST, THIS IS THE NEW ME.
- **I AM A BOSS WITH BOSSIBILITIES...**

CONGRATULATIONS.....

YOU HAVE MADE IT TO BECOMING A BETTER YOU. IF NO ONE HAS TOLD YOU I AM HERE TO TELL YOU THAT **"I AM PROUD OF YOU"** FOR TAKING THIS STEP. IT MEANS A LOT TO THE INNER YOU. NOW STAY FOCUSED CONTINUE YOUR JOURNEY AND INVEST IN THE NEW YOU. IF NEEDED ALWAYS GO BACK AND START YOUR DAILY AFFIRMATIONS OVER THERE ARE SO MANY MORE TO COME SO CONTINUE TO CHECK BACK. ALSO CHECK OUT OUR OTHER E-BOOKS, PRODUCTS AND SERVICES THAT CAN HELP YOU STAY IN-LINED WITH THE NEW BOSS YOU HAVE JUST BECAME.



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