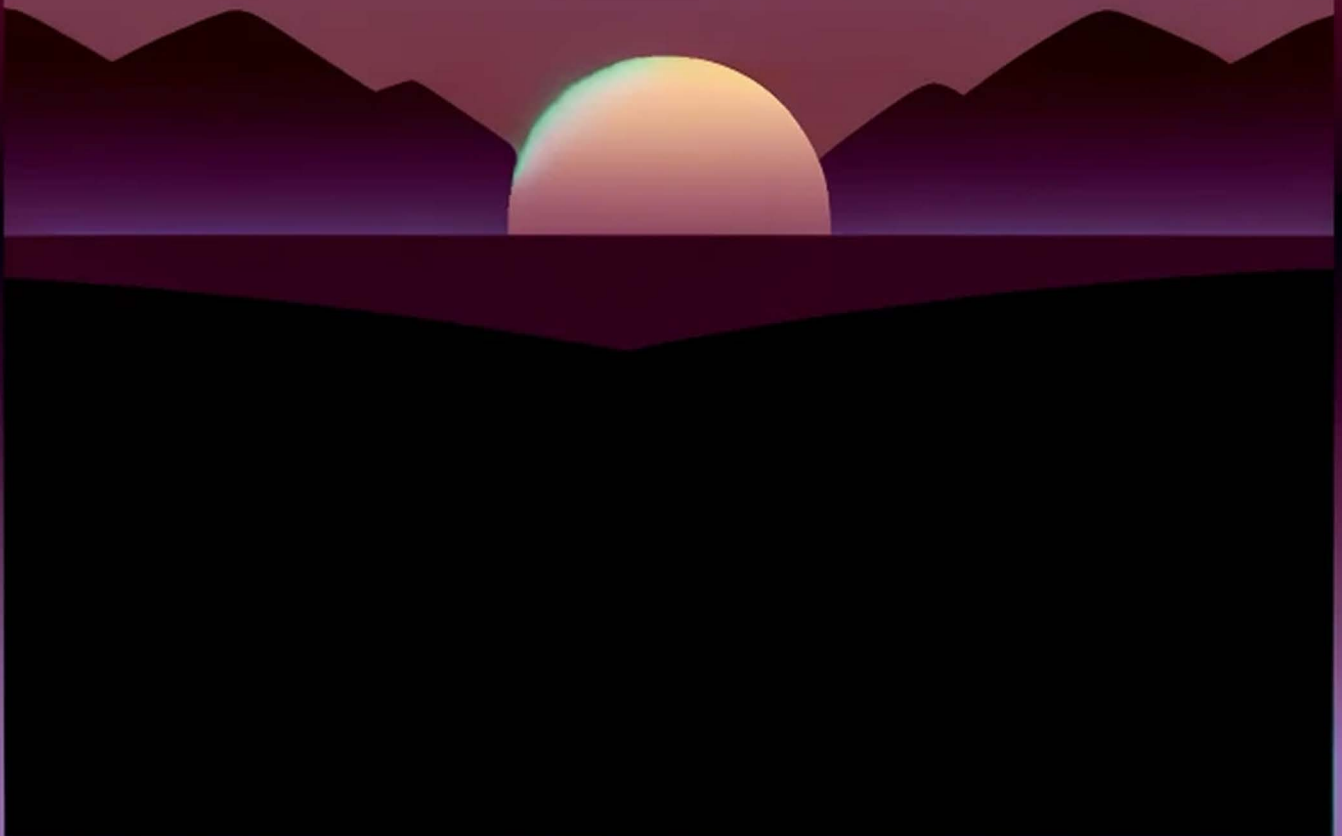


100 Daily Affirmations to Live By

Written By
La'Nardo Myrick Sr



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Self-Help Book

Motivational Category

Hello reader,

I am La’Nardo Myrick Sr., a man who has lived through the highs and lows that life offers. My journey has been one of both regret and creation, where I have learned to embrace the multifaceted roles of being a creator, a producer, and an overcomer. In my quieter moments, I have often pondered the mysteries of the Creator of all, and like many, I have not found concrete answers. Instead, I have anchored myself in faith. This enigmatic force, often a leap in the dark, has guided me through life’s uncertainties. I present these affirmations to you, hoping they provide steadiness and assurance in your journey. My wish is that in my passing, these words will inspire someone to grow stronger and more resilient, finding solace and strength in faith. As I continue to navigate my path, I stand with you in the pursuit of our true selves. Together, let us embrace the ebb and flow of life, pushing forward, retreating when necessary, and then surging ahead once more. May faith be with us all.

- La’Nardo Myrick Sr, also known as Producer 9-0.

Let's Begin

Nighttime Preparation

Before going to bed, choose one of the 100 daily affirmations. Write it down on a piece of paper or use a digital note on your phone. Place it somewhere you're likely to see it first thing in the morning, like next to your bed or on your bathroom mirror.

Morning Routine

Upon waking up, the first thing you should do is read the affirmation aloud. This sets a positive tone for the day and focuses your mind on this empowering message.

Recording and Playback

Use your phone's voice recorder to record yourself saying the affirmation. Make sure to speak clearly, with conviction and belief in the words you're saying. Throughout the day, play this recording at least three times perhaps once in the morning, once midday, and once in the evening. This repetition helps to reinforce the affirmation in your mind.

Becoming the Affirmation

Try to embody the affirmation in your actions and thoughts throughout the day. Reflect on its meaning and how it applies to your life and experiences. The goal is to internalize the affirmation, allowing it to become a part of who you are and how you perceive the world.

No Failure, Only Growth:

Remember, there is no failure in this process, only the opportunity for positive growth and self-improvement. Each affirmation is a step towards a more empowered and mindful you.

Continuation

After completing the affirmation for the day, move on to the next one the following night. This way, over the course of 100 days, you'll have the opportunity to explore and internalize a wide range of positive, growth-oriented mindsets.

Repeat the Cycle

Once you have gone through all 100 affirmations, start again from the beginning. You'll likely find that the affirmations resonate differently as you continue to grow and evolve, offering new insights and inspiration each time.

This approach not only ingrains each affirmation into your daily routine but also encourages ongoing personal development and reflection.

100 DAILY AFFIRMATIONS

- ☐ I am capable of making a positive impact in the world.
- ☐ Today, I choose to spread kindness and compassion.
 - ☐ I am a work in progress, and that's okay.
 - ☐ I have the power to create change.
- ☐ My actions inspire others to be their best selves.
- ☐ Every day, I grow stronger and more resilient.
 - ☐ I am worthy of respect and acceptance.
 - ☐ My potential is limitless.
 - ☐ I choose to learn from my challenges.
 - ☐ I am a force for good in the world.
 - ☐ My heart is open to understanding others.
- ☐ I am committed to being a better person every day.
 - ☐ I find joy in helping others.
- ☐ My life is a journey of continual self-improvement.
 - ☐ I am patient and kind with myself and others.
 - ☐ I radiate positive energy and love.
 - ☐ I embrace diversity and learn from everyone.
 - ☐ My actions are aligned with my values.
- ☐ I am grateful for my ability to make a difference.
 - ☐ I am a role model of integrity and honesty.
 - ☐ Every day, I strive to be more empathetic.

- ☐ I am mindful of my impact on others.
- ☐ I have the courage to stand up for what is right.
- ☐ I am a beacon of hope and positivity.
- ☐ My words and actions promote peace and understanding.
- ☐ I am constantly evolving and growing.
- ☐ I contribute to the happiness of others.
- ☐ I am self-aware and conscious of my footprint in the world.
- ☐ I seek to understand before being understood.
- ☐ I am a listener and a learner.
- ☐ Every challenge is an opportunity for growth.
- ☐ I am proactive in making the world a better place.
- ☐ My presence is a source of joy for others.
- ☐ I lead by example in all aspects of my life.
- ☐ I am committed to personal and professional growth.
- ☐ I am responsible for my actions and their impact.
- ☐ I approach each day with a positive mindset.
- ☐ I am a champion of kindness and generosity.
- ☐ I am open to new perspectives and ideas.
- ☐ I value honesty, integrity, and transparency.
- ☐ I am dedicated to self-improvement and self-care.
- ☐ My journey is unique and valuable.
- ☐ I respect the opinions and beliefs of others.
- ☐ I am an advocate for peace and justice.

- ☐ I create meaningful connections with those around me.
 - ☐ I am a voice for the voiceless.
- ☐ My actions contribute to a more compassionate world.
- ☐ I am grateful for each day and its new opportunities.
 - ☐ I embrace change as a path to growth.
 - ☐ I am a symbol of love and hope.
 - ☐ I believe in my ability to make a difference.
 - ☐ I am a positive influence in my community.
- ☐ I practice gratitude and recognize the good in my life.
- ☐ I am committed to understanding and helping others.
 - ☐ I am constantly learning and evolving.
 - ☐ I see challenges as opportunities to grow.
 - ☐ My kindness can transform someone's day.
 - ☐ I am an example of strength and perseverance.
 - ☐ I embrace my journey and its lessons.
 - ☐ My actions are guided by love and compassion.
 - ☐ I have the power to create a better world.
 - ☐ I am a source of inspiration and encouragement.
- ☐ Every day, I contribute to making the world a better place.

- ☐ I am mindful and present in my interactions.
- ☐ I seek to bring joy to those around me.
- ☐ I value and respect all forms of life.
- ☐ I am dedicated to personal excellence.
- ☐ I approach life with an open heart and mind.
- ☐ I am a vessel of peace and understanding.
- ☐ I am a lifelong learner and seeker of knowledge.
- ☐ My presence is a gift to those around me.
- ☐ I believe in the power of forgiveness and empathy.
- ☐ I am responsible for my own happiness and well-being.
 - ☐ I choose to see the good in people.
 - ☐ I am a leader in promoting positive change.
 - ☐ My words are powerful and used for good.
 - ☐ I have the courage to face any challenge.
 - ☐ I respect and celebrate differences.
 - ☐ I am an active participant in my own life.
 - ☐ I bring light and love into the world.
 - ☐ I am an agent of change and progress.
- ☐ My life is a reflection of my choices and attitudes.

- ☐ I am worthy of love and happiness.
- ☐ I inspire others through my actions and words.
- ☐ I am committed to making ethical decisions.
- ☐ I am a beacon of creativity and innovation.
- ☐ I uplift others with my positivity and enthusiasm.
- ☐ I am at peace with my past and excited for my future.
 - ☐ I am a champion of equality and fairness.
 - ☐ I embrace my power to create a meaningful life.
 - ☐ My journey enriches my character and soul.
- ☐ I am grateful for the opportunity to make a difference.
 - ☐ I am a role model of resilience and courage.
 - ☐ I value my health as a key to achieving my best.
 - ☐ I am an example of balance and harmony.
 - ☐ I am focused on personal and spiritual growth.
 - ☐ I practice patience and understanding daily.
 - ☐ I am a guardian of the earth and its resources.
 - ☐ I am in control of my destiny and life's path.
- ☐ Every day, I live my life as a testament to kindness and greatness.

100 Daily Affirmations and my thoughts on each.

1. I am capable of making a positive impact in the world.

Embrace the power within you to make a positive difference. Each action, no matter how small, can ripple outwards, influencing others and the world around you. Believe in your unique ability to bring about change, and remember that your contributions, thoughts, and actions matter. Your capacity to impact the world positively is a powerful tool in shaping a better future for yourself and others.

2. Today, I choose to spread kindness and compassion.

Choose kindness as your guiding principle today. In every interaction, remember that your words and actions can be a source of comfort and support to others. Compassion isn't just an emotion but a choice that can transform the ordinary into extraordinary moments of connection. By actively choosing kindness, you create a more empathetic and understanding world.

3. I am a work in progress, and that's okay.

Acknowledge and embrace your journey of growth. You are a beautiful work in progress, evolving and learning with each experience. There's no need for perfection; what matters is your commitment to grow and improve. Celebrate every step, every discovery, and every small victory along your path. Your journey is unique and valuable, and every moment is a step towards becoming the person you aspire to be.

4. I have the power to create change.

Recognize the incredible power you hold to initiate change. Your actions, decisions, and voice can influence and alter the course of events. Don't underestimate your ability to make a difference in your life and the lives of others. Embrace this power with responsibility and courage, and watch as your efforts bring about meaningful change.

5. My actions inspire others to be their best selves.

Your actions set an example for others. When you strive for excellence, show kindness, and stand up for what you believe in, you inspire those around you to also reach for their best. Be mindful of the influence you have and use it to encourage, motivate, and uplift others. Your example can be a powerful force for positive change.

6. Every day, I grow stronger and more resilient.

With each day that passes, you are gaining strength and resilience. Life's challenges and experiences are teaching you how to be more adaptable and tough. Embrace these lessons, knowing that they are shaping you into a stronger individual. Your resilience is a testament to your spirit and determination.

7. I am worthy of respect and acceptance.

Recognize your inherent worth and the respect you deserve. Your thoughts, feelings, and experiences are valid, and you deserve to be treated with kindness and understanding. Embrace self-acceptance, knowing that you are valuable and deserving of respect, just as you are.

8. My potential is limitless.

Remember that your potential is boundless. There are no limits to what you can achieve except those you place on yourself. Dream big, set high goals, and believe in your ability to reach them. Your potential is a vast ocean, waiting to be explored and realized.

9. I choose to learn from my challenges.

Face your challenges with the mindset of a learner. Every difficulty carries a lesson, and by embracing these lessons, you turn obstacles into opportunities for growth. Approach each challenge with curiosity and openness, ready to learn and expand your understanding.

10. I am a force for good in the world.

Embrace your role as a force for good. Your actions, no matter how small, contribute to a larger narrative of positivity and hope. By choosing to do good, you not only improve your own life but also the lives of those around you. Be a beacon of goodness, and watch as your influence spreads light and joy.

Certainly! Continuing with motivational paragraphs based on the next 20 affirmations:

11. My heart is open to understanding others.

Approach every interaction with an open heart and a desire to understand. In a world full of diverse perspectives, the ability to listen and empathize is invaluable. By seeking to understand others, you bridge gaps, build connections, and foster a deeper sense of community. Your openness enriches not only your own life but also the lives of those you encounter.

12. I am committed to being a better person every day.

Each day presents a new opportunity for self-improvement. Embrace this journey with dedication, knowing that every effort you make contributes to your personal growth. Strive to be better than you were yesterday, not in competition with others, but as a commitment to your personal evolution.

13. I find joy in helping others.

There is profound joy and fulfillment in helping others. When you extend a hand, share a kind word, or offer support, you not only uplift others but also enrich your own life. The act of giving is a powerful expression of

humanity and connection.

14. My life is a journey of continual self-improvement.

View your life as an exciting journey of continual self-improvement. Each experience, whether positive or challenging, contributes to your growth. Embrace every opportunity to learn, adapt, and evolve, knowing that you are on a path to becoming the best version of yourself.

15. I am patient and kind with myself and others.

Cultivate patience and kindness, both towards yourself and others. Recognize that growth takes time and everyone is on their own unique path. By practicing patience and kindness, you create a supportive and nurturing environment for yourself and those around you.

16. I radiate positive energy and love.

Choose to be a source of positive energy and love in the world. Your attitude and actions can influence the atmosphere around you. When you radiate positivity, you not only uplift your own spirits but also those of others, creating a cycle of positivity and love.

17. I embrace diversity and learn from everyone.

Embrace the beauty of diversity, recognizing the wealth of knowledge and experience it brings. Every person you meet has something unique to teach you. By being open to learning from everyone, you expand your understanding and appreciation of the world.

18. My actions are aligned with my values.

Ensure that your actions reflect your values. Living in alignment with your beliefs and principles brings a sense of integrity and fulfillment. When your actions match your values, you lead a life of authenticity and purpose.

19. I am grateful for my ability to make a difference.

Acknowledge and be grateful for your capacity to make a difference. Gratitude empowers and motivates you to continue making positive contributions. Recognize the impact of your actions, no matter how small, and cherish your ability to be a force for good.

20. I am a role model of integrity and honesty.

Commit to being a role model of integrity and honesty. In a world that often values success over character, stand firm in your commitment to these virtues. Your example of integrity and honesty inspires others to uphold these values in their own lives.

21. Every day, I strive to be more empathetic.

Make empathy a daily goal. Striving to understand and share the feelings of others not only deepens your connections but also enriches your own emotional experiences. Empathy fosters a world of understanding and compassion.

22. I am mindful of my impact on others.

Be mindful of how your actions and words impact those around you. Your influence extends beyond your immediate awareness, affecting the lives and feelings of others. Cultivating mindfulness in your interactions ensures that your impact is positive and uplifting.

23. I have the courage to stand up for what is right.

Embrace the courage to stand up for what you believe is right. In a world where it's often easier to follow the crowd, your bravery to speak out and act on your convictions is powerful and necessary. Your courage inspires others to do the same.

24. I am a beacon of hope and positivity.

Choose to be a beacon of hope and positivity, especially in challenging times. Your optimism and positive outlook can light the way for others who may be struggling. Your presence becomes a source of comfort and inspiration.

25. My words and actions promote peace and understanding.

Let your words and actions be instruments of peace and understanding. In every interaction, seek to build bridges, not walls. Your commitment to peaceful and understanding communication creates a ripple effect, encouraging others to follow suit.

26. I am constantly evolving and growing.

Acknowledge and embrace your constant evolution. Life is a never-ending journey of growth and change. Celebrate the person you are becoming, and look forward to the endless possibilities of who you can be.

27. I contribute to the happiness of others.

Recognize the power you have to contribute to the happiness of others. Your kindness, empathy, and support are invaluable gifts that can brighten someone's day and make a lasting difference in their life.

28. I am self-aware and conscious of my footprint in the world.

Cultivate self-awareness and be conscious of your footprint in the world. Understanding the impact of your actions on others and the environment is key to living responsibly and ethically. Strive to leave a positive mark on

the world.

29. I seek to understand before being understood.

Prioritize understanding others before seeking to be understood. This approach fosters deeper connections and mutual respect. When you listen actively and empathize, you create an environment of trust and open communication.

30. I am a listener and a learner.

Embrace the roles of listener and learner in your life. In every conversation and experience, there is an opportunity to learn something new. Being a good listener not only enriches your knowledge but also shows respect and appreciation for others' perspectives.

31. Every challenge is an opportunity for growth.

View each challenge as a stepping stone to growth. Challenges push you out of your comfort zone and help you discover strengths you never knew you had. Embrace them with a positive attitude, knowing that with each difficulty overcome, you become more resilient and capable.

32. I am proactive in making the world a better place.

Take proactive steps to improve the world around you. Whether it's through volunteering, spreading awareness, or simple acts of kindness, your active involvement makes a significant impact. Be the change you wish to see, and watch as your efforts inspire others to follow suit.

33. My presence is a source of joy for others.

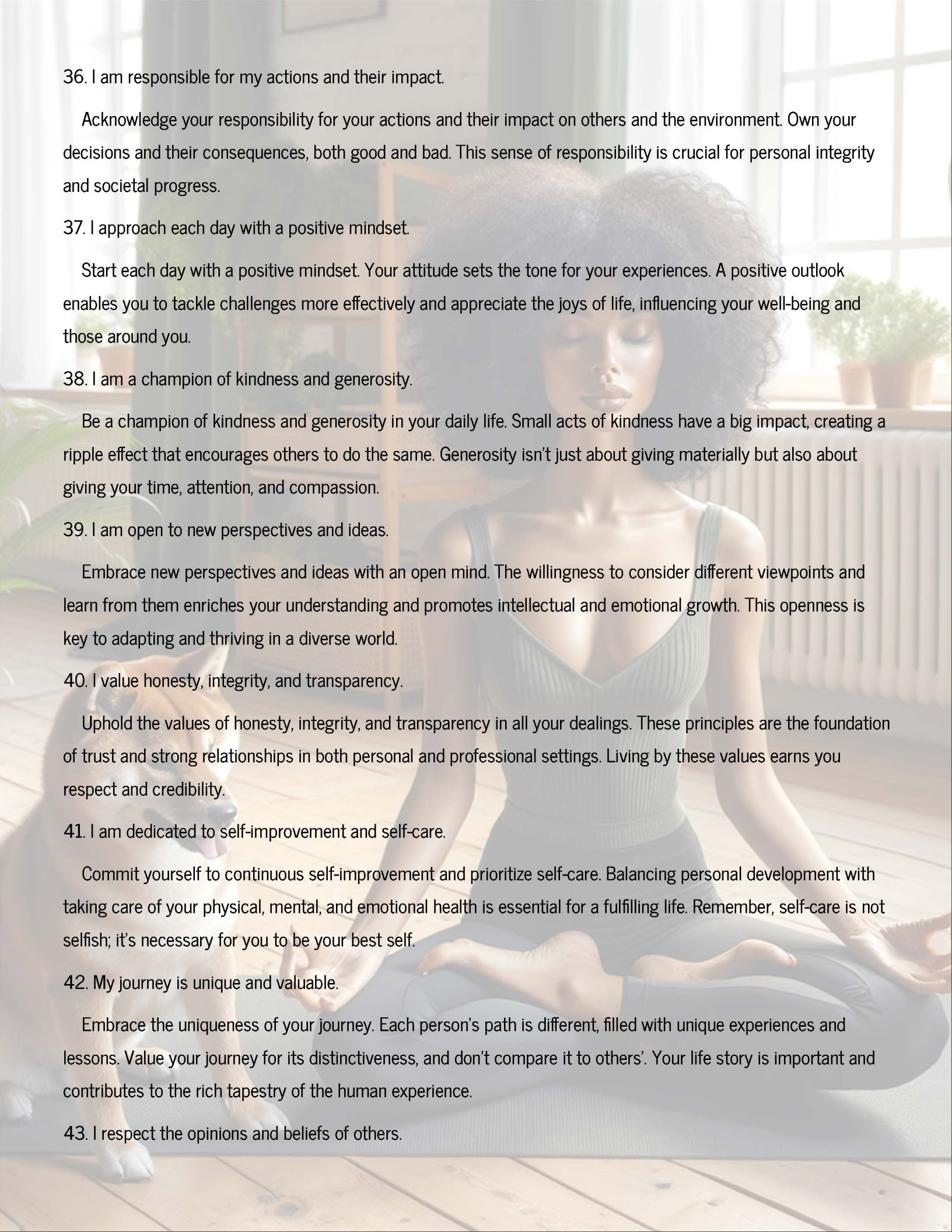
Recognize the joy that your presence brings to others. Your positive energy, empathy, and genuine concern for others' well-being can brighten someone's day and provide comfort. Strive to be a source of happiness and support for those around you.

34. I lead by example in all aspects of my life.

Commit to leading by example in every aspect of your life. Whether in your personal, professional, or social life, be the embodiment of the values and principles you advocate. Your example influences others more than you might realize.

35. I am committed to personal and professional growth.

Dedicate yourself to continual personal and professional growth. Seek out opportunities for learning and development, and embrace challenges as opportunities to enhance your skills and knowledge. Your commitment to growth not only benefits you but also those you interact with in all spheres of life.



36. I am responsible for my actions and their impact.

Acknowledge your responsibility for your actions and their impact on others and the environment. Own your decisions and their consequences, both good and bad. This sense of responsibility is crucial for personal integrity and societal progress.

37. I approach each day with a positive mindset.

Start each day with a positive mindset. Your attitude sets the tone for your experiences. A positive outlook enables you to tackle challenges more effectively and appreciate the joys of life, influencing your well-being and those around you.

38. I am a champion of kindness and generosity.

Be a champion of kindness and generosity in your daily life. Small acts of kindness have a big impact, creating a ripple effect that encourages others to do the same. Generosity isn't just about giving materially but also about giving your time, attention, and compassion.

39. I am open to new perspectives and ideas.

Embrace new perspectives and ideas with an open mind. The willingness to consider different viewpoints and learn from them enriches your understanding and promotes intellectual and emotional growth. This openness is key to adapting and thriving in a diverse world.

40. I value honesty, integrity, and transparency.

Uphold the values of honesty, integrity, and transparency in all your dealings. These principles are the foundation of trust and strong relationships in both personal and professional settings. Living by these values earns you respect and credibility.

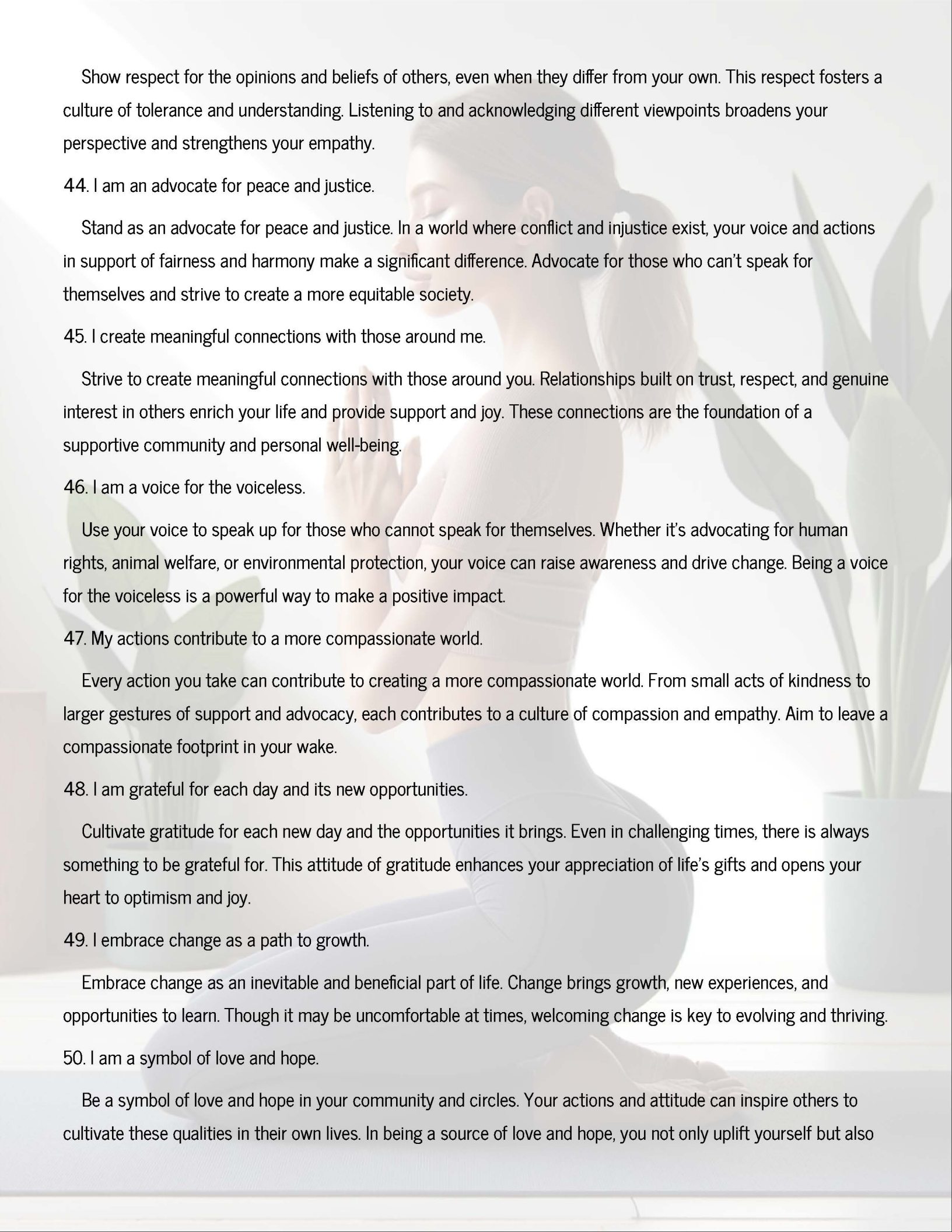
41. I am dedicated to self-improvement and self-care.

Commit yourself to continuous self-improvement and prioritize self-care. Balancing personal development with taking care of your physical, mental, and emotional health is essential for a fulfilling life. Remember, self-care is not selfish; it's necessary for you to be your best self.

42. My journey is unique and valuable.

Embrace the uniqueness of your journey. Each person's path is different, filled with unique experiences and lessons. Value your journey for its distinctiveness, and don't compare it to others'. Your life story is important and contributes to the rich tapestry of the human experience.

43. I respect the opinions and beliefs of others.

A woman with dark hair tied in a ponytail is in a yoga pose, specifically a seated twist, on a light-colored mat. She is wearing a light-colored long-sleeved top and dark leggings. Her hands are clasped together in front of her, and she is looking down. In the background, there is a large green plant in a white pot. The overall scene is bright and airy.

Show respect for the opinions and beliefs of others, even when they differ from your own. This respect fosters a culture of tolerance and understanding. Listening to and acknowledging different viewpoints broadens your perspective and strengthens your empathy.

44. I am an advocate for peace and justice.

Stand as an advocate for peace and justice. In a world where conflict and injustice exist, your voice and actions in support of fairness and harmony make a significant difference. Advocate for those who can't speak for themselves and strive to create a more equitable society.

45. I create meaningful connections with those around me.

Strive to create meaningful connections with those around you. Relationships built on trust, respect, and genuine interest in others enrich your life and provide support and joy. These connections are the foundation of a supportive community and personal well-being.

46. I am a voice for the voiceless.

Use your voice to speak up for those who cannot speak for themselves. Whether it's advocating for human rights, animal welfare, or environmental protection, your voice can raise awareness and drive change. Being a voice for the voiceless is a powerful way to make a positive impact.

47. My actions contribute to a more compassionate world.

Every action you take can contribute to creating a more compassionate world. From small acts of kindness to larger gestures of support and advocacy, each contributes to a culture of compassion and empathy. Aim to leave a compassionate footprint in your wake.

48. I am grateful for each day and its new opportunities.

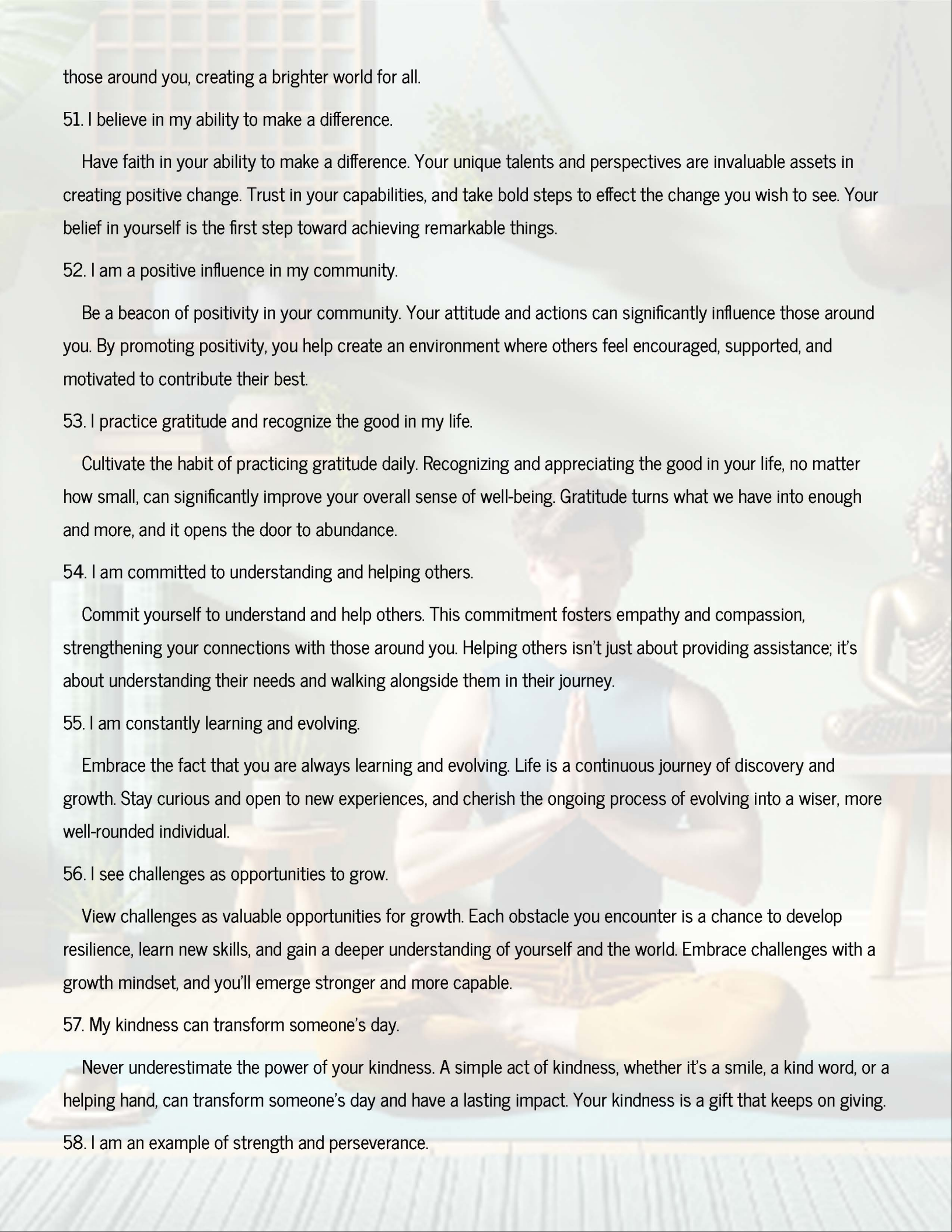
Cultivate gratitude for each new day and the opportunities it brings. Even in challenging times, there is always something to be grateful for. This attitude of gratitude enhances your appreciation of life's gifts and opens your heart to optimism and joy.

49. I embrace change as a path to growth.

Embrace change as an inevitable and beneficial part of life. Change brings growth, new experiences, and opportunities to learn. Though it may be uncomfortable at times, welcoming change is key to evolving and thriving.

50. I am a symbol of love and hope.

Be a symbol of love and hope in your community and circles. Your actions and attitude can inspire others to cultivate these qualities in their own lives. In being a source of love and hope, you not only uplift yourself but also

A person is meditating in a room. In the background, there is a Buddha statue and a scale of justice. The person is sitting on a mat, with their hands in a prayer position. The room has a warm, golden light.

those around you, creating a brighter world for all.

51. I believe in my ability to make a difference.

Have faith in your ability to make a difference. Your unique talents and perspectives are invaluable assets in creating positive change. Trust in your capabilities, and take bold steps to effect the change you wish to see. Your belief in yourself is the first step toward achieving remarkable things.

52. I am a positive influence in my community.

Be a beacon of positivity in your community. Your attitude and actions can significantly influence those around you. By promoting positivity, you help create an environment where others feel encouraged, supported, and motivated to contribute their best.

53. I practice gratitude and recognize the good in my life.

Cultivate the habit of practicing gratitude daily. Recognizing and appreciating the good in your life, no matter how small, can significantly improve your overall sense of well-being. Gratitude turns what we have into enough and more, and it opens the door to abundance.

54. I am committed to understanding and helping others.

Commit yourself to understand and help others. This commitment fosters empathy and compassion, strengthening your connections with those around you. Helping others isn't just about providing assistance; it's about understanding their needs and walking alongside them in their journey.

55. I am constantly learning and evolving.

Embrace the fact that you are always learning and evolving. Life is a continuous journey of discovery and growth. Stay curious and open to new experiences, and cherish the ongoing process of evolving into a wiser, more well-rounded individual.

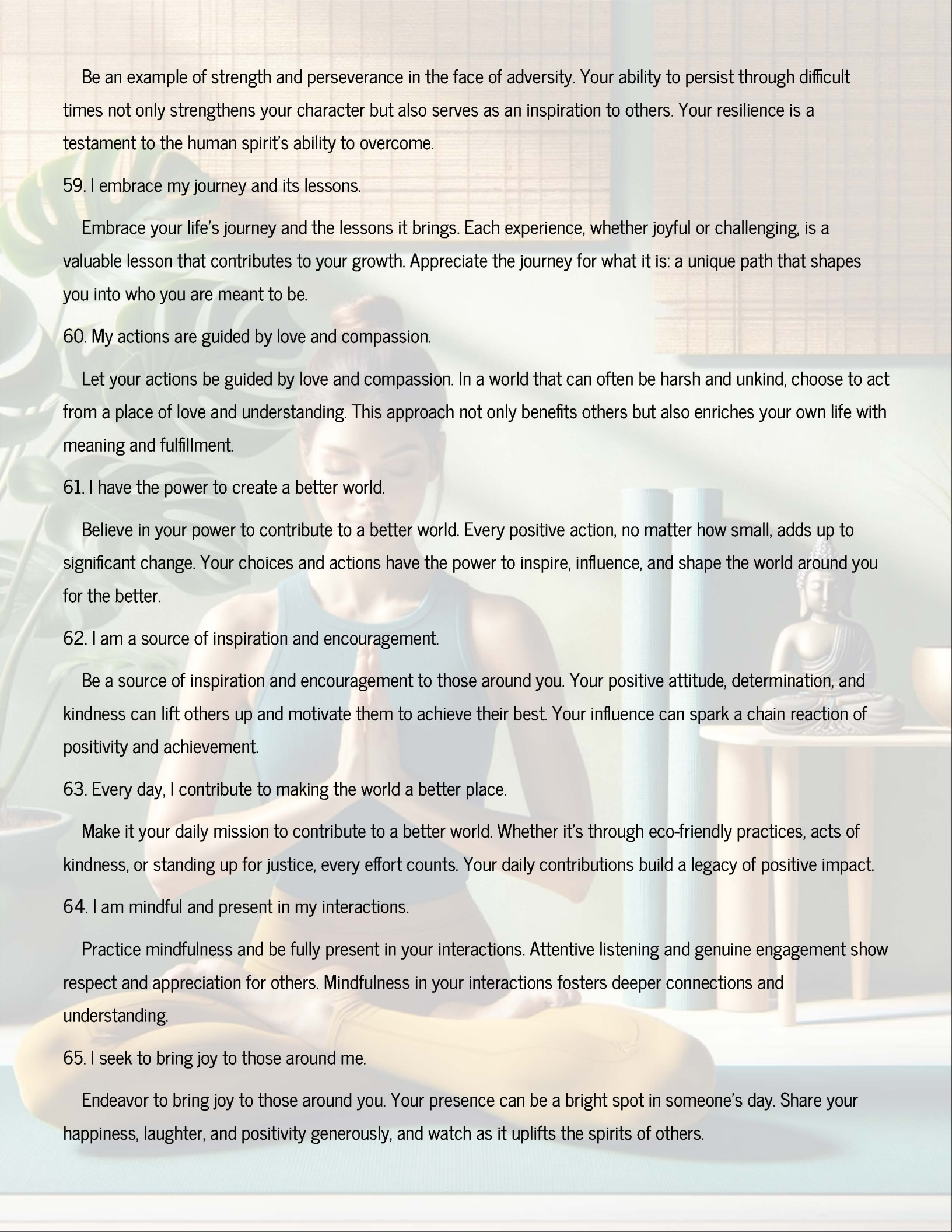
56. I see challenges as opportunities to grow.

View challenges as valuable opportunities for growth. Each obstacle you encounter is a chance to develop resilience, learn new skills, and gain a deeper understanding of yourself and the world. Embrace challenges with a growth mindset, and you'll emerge stronger and more capable.

57. My kindness can transform someone's day.

Never underestimate the power of your kindness. A simple act of kindness, whether it's a smile, a kind word, or a helping hand, can transform someone's day and have a lasting impact. Your kindness is a gift that keeps on giving.

58. I am an example of strength and perseverance.

A woman with her hair in a bun is meditating in a lotus position on a yellow cushion. She is wearing a blue tank top and yellow leggings. Her hands are in a prayer position. The background is a soft-focus room with a Buddha statue on a table, a plant, and a window with a grid pattern.

Be an example of strength and perseverance in the face of adversity. Your ability to persist through difficult times not only strengthens your character but also serves as an inspiration to others. Your resilience is a testament to the human spirit's ability to overcome.

59. I embrace my journey and its lessons.

Embrace your life's journey and the lessons it brings. Each experience, whether joyful or challenging, is a valuable lesson that contributes to your growth. Appreciate the journey for what it is: a unique path that shapes you into who you are meant to be.

60. My actions are guided by love and compassion.

Let your actions be guided by love and compassion. In a world that can often be harsh and unkind, choose to act from a place of love and understanding. This approach not only benefits others but also enriches your own life with meaning and fulfillment.

61. I have the power to create a better world.

Believe in your power to contribute to a better world. Every positive action, no matter how small, adds up to significant change. Your choices and actions have the power to inspire, influence, and shape the world around you for the better.

62. I am a source of inspiration and encouragement.

Be a source of inspiration and encouragement to those around you. Your positive attitude, determination, and kindness can lift others up and motivate them to achieve their best. Your influence can spark a chain reaction of positivity and achievement.

63. Every day, I contribute to making the world a better place.

Make it your daily mission to contribute to a better world. Whether it's through eco-friendly practices, acts of kindness, or standing up for justice, every effort counts. Your daily contributions build a legacy of positive impact.

64. I am mindful and present in my interactions.

Practice mindfulness and be fully present in your interactions. Attentive listening and genuine engagement show respect and appreciation for others. Mindfulness in your interactions fosters deeper connections and understanding.

65. I seek to bring joy to those around me.

Endeavor to bring joy to those around you. Your presence can be a bright spot in someone's day. Share your happiness, laughter, and positivity generously, and watch as it uplifts the spirits of others.

66. I value and respect all forms of life.

Show value and respect for all forms of life. Recognizing the intrinsic value of every living being fosters a sense of connection and responsibility towards the environment and the creatures that inhabit it. Your respect for life enhances your empathy and compassion.

67. I am dedicated to personal excellence.

Dedicate yourself to achieving personal excellence

. Striving for your best in all aspects of life leads to a fulfilling and accomplished life. Personal excellence is not about being perfect but about continuously improving and reaching your full potential.

68. I approach life with an open heart and mind.

Approach life with an open heart and an open mind. Welcoming new experiences, ideas, and people enriches your life and broadens your perspective. An open heart and mind are key to a life full of growth and discovery.

69. I am a vessel of peace and understanding.

Be a vessel of peace and understanding in your interactions and endeavors. Promoting peace and seeking to understand differing viewpoints contribute to a harmonious and respectful environment. Your peaceful demeanor can have a calming and positive effect on those around you.

70. I am a lifelong learner and seeker of knowledge.

Embrace the role of a lifelong learner and seeker of knowledge. Constantly seeking new information and understanding keeps your mind active and engaged. This pursuit of knowledge enriches your life and keeps you adaptable and informed.

71. My presence is a gift to those around me.

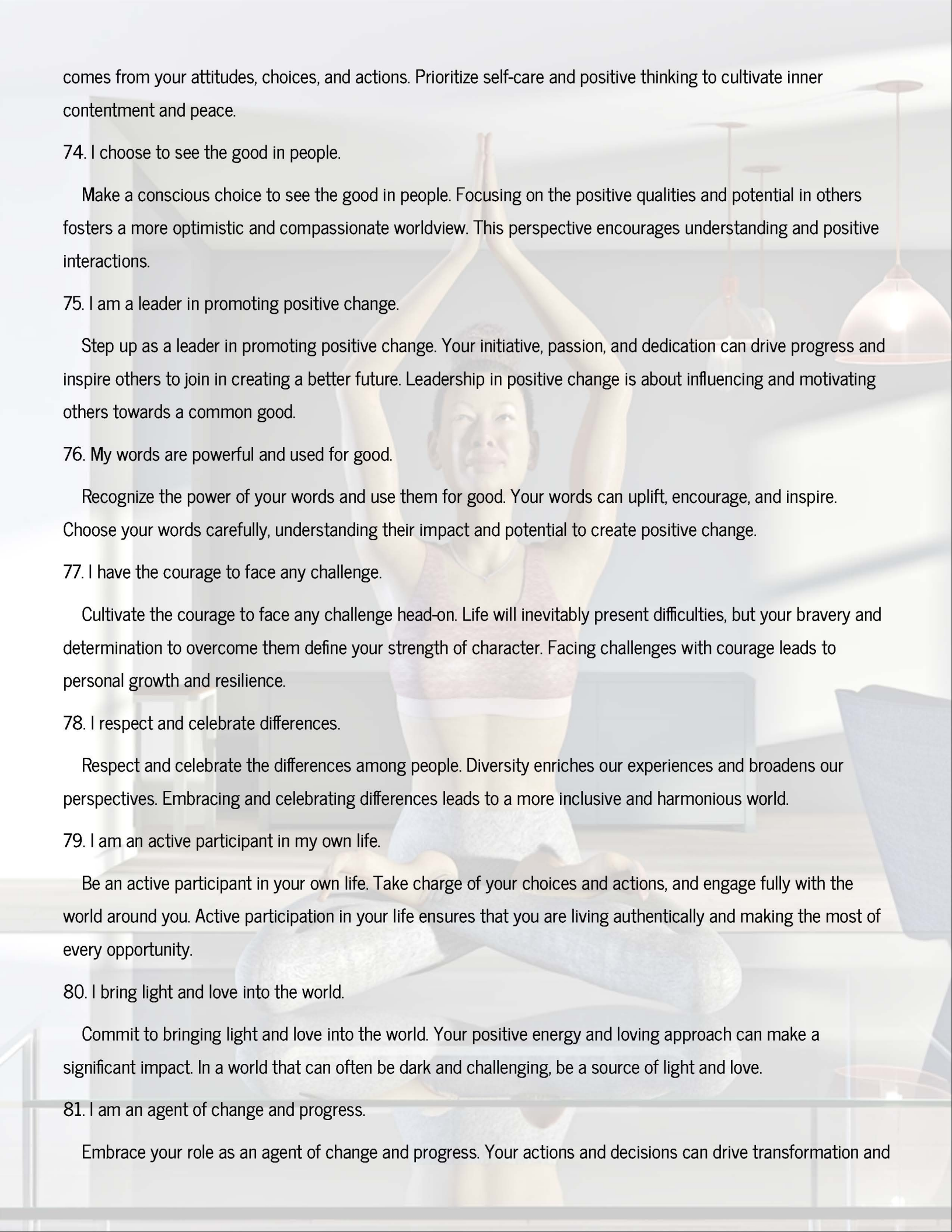
Recognize that your presence is a gift to those around you. Your unique combination of qualities, experiences, and perspectives adds value to every interaction. Cherish the impact you have on others, and know that you are appreciated.

72. I believe in the power of forgiveness and empathy.

Believe in the transformative power of forgiveness and empathy. Forgiving others and empathizing with their experiences frees you from the burden of resentment and fosters deeper connections. These qualities are essential for healing and understanding.

73. I am responsible for my own happiness and well-being.

Take responsibility for your happiness and well-being. While external factors play a role, much of your happiness

A woman is performing a yoga pose, likely Urdhva Dhanurasana (Upward Bow Pose), with her arms raised and hands clasped above her head. She is wearing a pink sports bra and white leggings. The background is a blurred modern interior with a wooden table, a laptop, and a lamp.

comes from your attitudes, choices, and actions. Prioritize self-care and positive thinking to cultivate inner contentment and peace.

74. I choose to see the good in people.

Make a conscious choice to see the good in people. Focusing on the positive qualities and potential in others fosters a more optimistic and compassionate worldview. This perspective encourages understanding and positive interactions.

75. I am a leader in promoting positive change.

Step up as a leader in promoting positive change. Your initiative, passion, and dedication can drive progress and inspire others to join in creating a better future. Leadership in positive change is about influencing and motivating others towards a common good.

76. My words are powerful and used for good.

Recognize the power of your words and use them for good. Your words can uplift, encourage, and inspire. Choose your words carefully, understanding their impact and potential to create positive change.

77. I have the courage to face any challenge.

Cultivate the courage to face any challenge head-on. Life will inevitably present difficulties, but your bravery and determination to overcome them define your strength of character. Facing challenges with courage leads to personal growth and resilience.

78. I respect and celebrate differences.

Respect and celebrate the differences among people. Diversity enriches our experiences and broadens our perspectives. Embracing and celebrating differences leads to a more inclusive and harmonious world.

79. I am an active participant in my own life.

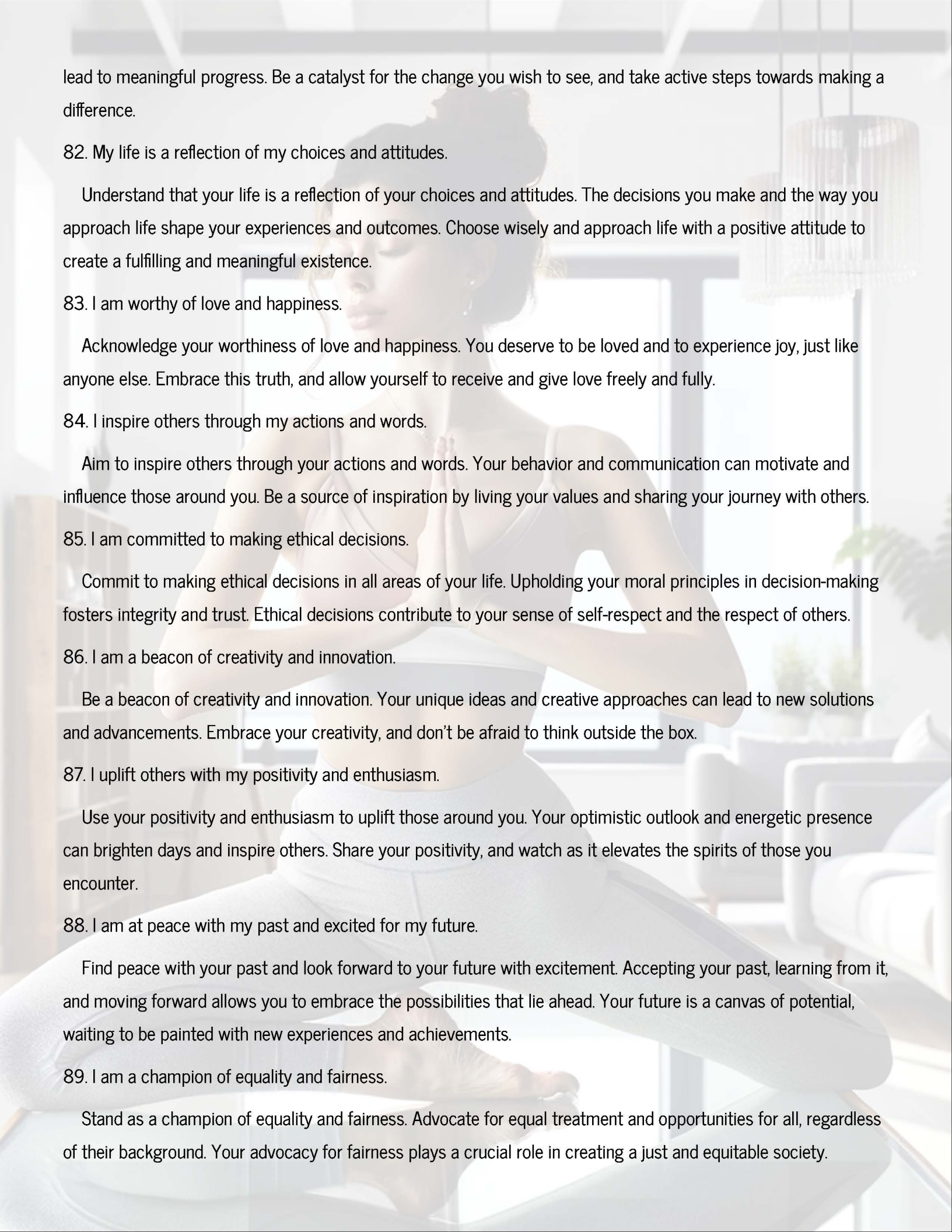
Be an active participant in your own life. Take charge of your choices and actions, and engage fully with the world around you. Active participation in your life ensures that you are living authentically and making the most of every opportunity.

80. I bring light and love into the world.

Commit to bringing light and love into the world. Your positive energy and loving approach can make a significant impact. In a world that can often be dark and challenging, be a source of light and love.

81. I am an agent of change and progress.

Embrace your role as an agent of change and progress. Your actions and decisions can drive transformation and

A woman with dark hair tied in a bun is performing a yoga pose on a treadmill. She is wearing a light-colored tank top and leggings. Her hands are pressed together in a prayer position at her chest, and her feet are on the treadmill belt. The background shows a modern living room with a large window, a potted plant, and a lamp.

lead to meaningful progress. Be a catalyst for the change you wish to see, and take active steps towards making a difference.

82. My life is a reflection of my choices and attitudes.

Understand that your life is a reflection of your choices and attitudes. The decisions you make and the way you approach life shape your experiences and outcomes. Choose wisely and approach life with a positive attitude to create a fulfilling and meaningful existence.

83. I am worthy of love and happiness.

Acknowledge your worthiness of love and happiness. You deserve to be loved and to experience joy, just like anyone else. Embrace this truth, and allow yourself to receive and give love freely and fully.

84. I inspire others through my actions and words.

Aim to inspire others through your actions and words. Your behavior and communication can motivate and influence those around you. Be a source of inspiration by living your values and sharing your journey with others.

85. I am committed to making ethical decisions.

Commit to making ethical decisions in all areas of your life. Upholding your moral principles in decision-making fosters integrity and trust. Ethical decisions contribute to your sense of self-respect and the respect of others.

86. I am a beacon of creativity and innovation.

Be a beacon of creativity and innovation. Your unique ideas and creative approaches can lead to new solutions and advancements. Embrace your creativity, and don't be afraid to think outside the box.

87. I uplift others with my positivity and enthusiasm.

Use your positivity and enthusiasm to uplift those around you. Your optimistic outlook and energetic presence can brighten days and inspire others. Share your positivity, and watch as it elevates the spirits of those you encounter.

88. I am at peace with my past and excited for my future.

Find peace with your past and look forward to your future with excitement. Accepting your past, learning from it, and moving forward allows you to embrace the possibilities that lie ahead. Your future is a canvas of potential, waiting to be painted with new experiences and achievements.

89. I am a champion of equality and fairness.

Stand as a champion of equality and fairness. Advocate for equal treatment and opportunities for all, regardless of their background. Your advocacy for fairness plays a crucial role in creating a just and equitable society.

90. I embrace my power to create a meaningful life.

Embrace your power to create a meaningful and fulfilling life. You have the ability to shape your life's direction and purpose. Make choices that align with your values and goals, and actively work towards a life that feels meaningful to you.

91. My journey enriches my character and soul.

Appreciate how your journey enriches your character and soul. Every experience you have shapes you in some way, contributing to your depth, wisdom, and compassion. Embrace your journey as a valuable part of your personal development.

92. I am grateful for the opportunity to make a difference.

Be grateful for the opportunities you have to make a difference. Whether big or small, these opportunities allow you to contribute positively to the world and leave your mark. Gratitude for these chances enhances your motivation and fulfillment.

93. I am a role model of resilience and courage.

Be a role model of resilience and courage. In facing life's challenges, show others how to persevere and overcome adversity with strength and grace. Your resilience and courage can inspire and empower those around you.

94. I value my health as a key to achieving my best.

Value your health as a crucial component of achieving your best. Taking care of your physical, mental, and emotional health is foundational to your ability to live fully and perform at your peak. Prioritize your well-being to ensure you can give your best to every endeavor.

95. I am an example of balance and harmony.

Strive to be an example of balance and harmony in your life. Balancing your personal, professional, and social life creates a harmonious existence that benefits not only you but also those around you. Your pursuit of balance serves as a guide for others seeking harmony in their lives.

96. I am focused on personal and spiritual growth.

Maintain a focus on your personal and spiritual growth. This journey is a lifelong process of learning, self-discovery, and self-improvement. Embrace the journey, knowing that each step forward enriches your life in profound ways.

97. I practice patience and understanding daily.

Practice patience and understanding every day. These qualities are essential in navigating life's complexities and building strong relationships. Patience and understanding foster a peaceful and tolerant atmosphere, both for yourself and for others.

98. I am a guardian of the earth and its resources.

Be a guardian of the earth and its resources. Your actions and choices can contribute to the preservation and protection of our planet. Embrace sustainable practices and respect for nature, understanding that your stewardship has a lasting impact on the health of the earth.

99. I am in control of my destiny and life's path.

Recognize that you are in control of your destiny and life's path. Your decisions, attitudes, and actions shape the direction of your life. Embrace this responsibility, and steer your life towards the future you envision.

100. Every day, I live my life as a testament to kindness and greatness.

Live each day as a testament to kindness and greatness. Let these qualities guide your actions and interactions. Your commitment to living a life characterized by kindness and aspiring to greatness can have a profound impact on the world.



My tips to keep you locked in!!!

Each of these **motivational** paragraphs is crafted to **inspire** and **uplift**, encouraging a journey towards **positive** living, personal **growth**, and contributing to the **greater** good. They serve as **daily reminders** of the **potential** each person has to make a **meaningful** impact in their **own** life and in the lives of **others**.

- **Be consistent:** Set aside a specific time each day to practice your affirmations. Consistency is key to reprogramming your subconscious mind and reinforcing positive beliefs.
- **Use positive language:** Frame your affirmations in positive terms. Instead of saying "I am not afraid," say "I am courageous." This helps to focus your mind on what you want to achieve rather than what you want to avoid.
- **Keep it present tense:** Phrase your affirmations as if they are already true. This helps to create a sense of immediacy and reinforces the belief that your goals are within reach.
- **Make them specific:** Be clear and specific about what you want to manifest or achieve. Vague affirmations may not have as much impact as ones that are targeted and precise.
- **Believe in what you're saying:** Your affirmations should resonate with you on a deep level. Choose statements that you genuinely believe in and that align with your values and goals.
- **Visualize the outcome:** As you repeat your affirmations, take a moment to visualize yourself achieving your goals. Imagine how it would feel and what your life would look like once your affirmations come to fruition.
- **Use emotion:** Injecting emotion into your affirmations can make them more powerful. Tap into the feelings of joy, gratitude, and confidence as you repeat your affirmations each day.
- **Repeat, repeat, repeat:** Repetition is key to ingraining your affirmations into your subconscious mind. The more you repeat them, the more they will become ingrained in your thinking patterns.
- **Combine with action:** While affirmations are a valuable tool, they are most effective when combined with action. Take tangible steps towards your goals alongside your daily affirmation practice to maximize your results.
- **Stay Open and Receptive:** Approach your daily affirmation practice with an open mind and heart. Be receptive to the changes and opportunities that come your way, even if they don't unfold exactly as you imagined.

A Note from La'Nardo Myrick Sr.: Embrace Your Journey

Dear Readers,

I hope this message finds you well and filled with positive energy.

As we journey through life, we encounter various challenges, triumphs, and moments of growth. It's important to remember that each step we take, no matter how small, contributes to our personal evolution.

I want to encourage you to embrace your journey wholeheartedly. Celebrate your successes, learn from your failures, and keep moving forward with determination and resilience.

In the midst of life's uncertainties, never underestimate the power of your own strength and resilience. You are capable of achieving greatness, and every setback is an opportunity for growth.

Remember to be kind to yourself along the way. Practice self-love, self-compassion, and self-care, for they are essential components of personal well-being.

As you navigate through the ups and downs of life, keep your dreams alive and your spirit resilient. Believe in yourself, stay true to your values, and never lose sight of the incredible potential within you.

I am rooting for each and every one of you as you continue on your journey. May you find joy, fulfillment, and success in all that you do.

With warm regards,

La'Nardo Myrick Sr.

La'Nardo Myrick Sr.



Author Biography:

La'Nardo Lee Myrick Sr., hailing from Kansas City, Missouri, is a testament to the power of perseverance and creativity in overcoming life's toughest challenges. Born and raised in Kansas City, MO, La'Nardo's early life was marked by significant obstacles, including poverty, incarceration, racial discrimination, and homelessness. Despite these hardships, he emerged as a dedicated family man, marrying Kinnette Myrick and proudly raising six children.

La'Nardo's educational journey took him through several esteemed institutions, including the University of Mississippi, Southern Mississippi, and Mississippi Valley State University. These academic experiences enriched his worldview and strengthened his resolve to succeed against the odds.

A man of diverse interests, La'Nardo finds joy in gaming, cooking, reading, traveling, and indulging in movies. His love for long walks and sightseeing reflects his appreciation for life's simpler pleasures, while his passion for poetry and creating music showcases his artistic soul.

Professionally, La'Nardo is a multi-faceted entrepreneur and artist. He founded several ventures including Musica by BGE DD, 9.0 Magazine, 9.0 The Underground, K.L.M. Scripts, Bogardthat Clothing, The Idem, B.G.E. Digital Distribution, and Baby Girl Elite Shoes and Apparel, in partnership with Aliveshoes. These ventures not only demonstrate his business acumen but also his commitment to creating and promoting artistic expression.

In the music industry, La'Nardo has made significant strides. He has been honored with multiple Producer of the Year awards, a recognition of his exceptional talent and dedication to his craft. His music has



achieved remarkable success, with songs streaming over 10 million times, a testament to his popularity and influence. Currently, La'Nardo is seeking R.I.A.A certification for his notable works "I Kno God Kno" and "Tank Moves," aiming to add another milestone to his impressive career.

La'Nardo Lee Myrick Sr.'s life story is one of unwavering determination and creative triumph. From the challenges of his early life to his success as a businessman, producer, and family man, his journey inspires those who dream of turning adversity into achievement. His legacy continues to grow, marked by resilience, creativity, and a deep commitment to his family and community.