

*A complete guide on harnessing  
the power of affirmations*

# 111 AFFIRMATIONS

*To raise your vibration  
& radically enhance your life*

MANIFESTATION BABE  
*by Kithia Jenkins*

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# HEY GORGEOUS SOUL!

My name is Kathrin Zenkina and I am a spiritual badass babe who one day realized that it was her passion to empower other women to live their best lives. To live a life filled with nothing less than happiness, freedom, tons of love, free flowing inspiration, endless motivation, and a whole lot of money to do whatever the f\*ck they want.

I want every single woman (and man) living on this planet to live a life with zero restrictions and zero limitations. Nothing inspires me more than a woman who owns herself. I mean a woman that REALLY f\*cking owns herself and lives her truth unapologetically. It's the reason why I created ManifestationBabe, to help more women achieve that level of epic magic.

It's my mission to empower babes like you to adopt a mindset that will take your life to the next level. As a once shy, timid, totally logic-driven science nerd, I've come a long way to where I am today. Life has become a completely different ball game once I adopted a more spiritual approach to life, and started working harder on my mindset than just about anything else. When it comes to manifesting, affirmations are one of my favorite tools in my spiritual toolbox.

I am SO excited to share this guide with you! Before we begin, if you haven't joined my Facebook group yet, send us a request and join this beautiful community of spiritual like-minded babes just like you. It's totally FREE and I know you'll find a ton of value in here. I can't wait to see your beautiful face in there! I promise it will totally help and support you on your spiritual path to living an amazing life.



Join the Manifestation Babes Facebook group at  
**FACEBOOK.COM/GROUPS/MANIFESTATIONBABESGROUP**



Follow along for more inspiring content & a glimpse into my daily life  
[@manifestationbabe](https://www.instagram.com/manifestationbabe) on Instagram

xoxo *Kathrin Zenkina*

# THE WHAT & WHY OF AFFIRMATIONS

So, what exactly are affirmations? Chances are if you've downloaded this guide, you've heard of affirmations before. Maybe you've already taken the plunge and tried them for yourself. Since the release of the best-selling movie and book, *The Secret*, affirmations have taken off as a spiritual tool that can be practiced daily, and quite frankly, **SHOULD** be practiced daily. However, you're probably someone like me who was initially confused about them. How do I use them? Is it even working? How do I create my own? Am I saying them right? These are all reasonable questions as a newbie!

Just like meditation, affirmations are another spiritual New Age thing I definitely scoffed at and dismissed initially. Simply put, I just didn't understand them. I don't know about you, but standing in front of a mirror and yelling "I am f\*cking **AWESOME**" just felt plain stupid, fake, and totally weird to me.

Also, saying "I am a millionaire" over and over again, when I truly only had \$6.32 in my checking account at the time, made me feel like a complete broke loser. I mean... why wouldn't it, right?

Fast forward 10 years of being on a spiritual journey (on and off with it really taking off in 2017), I finally **GET IT**. You can assume that I finally learned the secret, but in all reality, I just tweaked the ways that I would use affirmations. The truth is, there is no secret, because since the day we were born, we've already been using affirmations, we've just been using them unconsciously. We've been using them in ways that probably harmed us rather than benefited us. Allow me to show you how as we move deeper into the guide.

Affirmations are one of the best tools for manifesting more of what you want into your life, and co-creating your reality.

They're a phenomenal way to influence your subconscious mind and harness its untapped power. Basically, the dictionary defines the word affirmation as "a statement or proposition that is declared to be true." Whatever you affirm to yourself, is basically you telling yourself your own personal truth. Whether your inner dialogue is positive or negative, your subconscious mind ultimately accepts it as truth, and that's just the way it works.



“I am feeling so fat today.”

*truth*

“I can’t afford that. I am so broke.”

*truth*

“Today sucks. What more could go wrong?

Nothing goes right for me.”

*truth*

“Wow, I’m feeling so abundant today! I am making so much money in my new business that totally supports my passion.

People f\*cking love to pay me!”

*also tr-uth*

These statements are all true. Whatever you believe to be true, is true. Period, end of story. It’s extremely important you understand this because it’s the first step in realizing why intentionally practicing positive affirmations is life changing, and I really mean LIFE CHANGING. Changing your life for the better and in epic proportions.

“Whether you think you can or think you can’t... you’re right”

- Henry Ford

I wanted to begin this guide by first explaining that everything you think and say on a daily basis is your own personal affirmation. The awareness of this alone will help you become more conscious of how much time you spend thinking positively vs negatively.

# MAKING AFFIRMATIONS MOST EFFECTIVE

The BIGGEST mistake I used to make when it came to practicing my affirmations, was saying them to myself over and over again. Most New Age self-help books teach this method specifically.

That's all great and dandy advice, but that alone doesn't work. There is no "oomph" behind just opening your mouth and saying a statement. The mind isn't receptive to sound alone. The shift for me came when I added my feelings into the mix.

When I began to add "feeling" to my affirmations and I started to act as if I am already living the intention behind my affirmation, that's when I started to manifest what I was saying to myself. And at rapid speed, too! For instance, think back to the example I shared about the time when I said to myself "I am a millionaire," while having just \$6 and some cents to my name. The reason why this affirmation didn't work for me wasn't because it wasn't possible for me to become a millionaire through the Law of Attraction and setting the intention of wanting to be a millionaire. It was because I wasn't feeling truly abundant while saying it. I was still so focused on lack.

As I mention in my [premier program- The Manifestation Babe Academy \(found HERE\)](#), feeling the feelings of what you want to attract is everything. It's the key that will unlock all of its power. That is how you impress the subconscious mind and make a huge impact on what you're trying to manifest. Feeling "as if," as most self-help books phrase it, truly is the number one secret behind affirmations. It's one thing to say, "I am a huge success," and it's a completely different ball game to actually feel like you are a success while saying it.

One more important thing I feel like I need to mention to you, is the subconscious mind (the part of your brain responsible for the reality you see before you) doesn't know the difference between what's actually real and what's fake. The subconscious mind can be easily tricked through your feelings. It doesn't know if you're actually a millionaire, but feeling like one is the fastest way to become one. The Universe will begin to respond to the vibrational frequency of your subconscious mind, not what is already part of your reality. If you truly feel like a millionaire, the Universe will guide you into becoming one. Coincidences will occur, business ideas will flood into your mind, the perfect business partners will appear, all of a sudden you'll "coincidentally" meet a web designer who wants to build your website for you for free. Sh\*t just starts happening. The Universe takes whatever you are affirming to yourself on a daily basis, and brings it to life in your reality. Make sense? If you want to dive even deeper into this subject, check out my premiere program, Manifestation Babe Academy, where I share all of my manifestation knowledge and show you how to harness the power of the Universe in all of its depth.

**HERE IS A LIST (I AM A HUGE FAN OF LISTS!) OF MANY MORE WAYS YOU CAN MAKE AFFIRMATIONS EXTRA EFFECTIVE: :**

- 1 Record a few affirmations on the voice recorder app on your phone. Using an editor of some sort, loop the audio so that it plays over and over and over again for about 20-30 minutes. Feel free to add some music that relaxes you and makes you feel insanely happy in the background. Fall asleep to these affirmations. Your subconscious mind is most receptive as you fall asleep every single night. Having this be the last thing you listen to before you fall into a deep slumber is some powerful sh\*t.
- 2 Chant your affirmations in the middle of a deep meditation. I add affirmations into all the custom meditations I create for my clients. They work incredibly in the middle of a super relaxed state of mind.
- 3 Say them to yourself with complete conviction out loud while you're driving. Literally out loud. You can even yell them! I do this all the time, and I apologize to those who have seen me drive before. I'm sure I look a little crazy when I get into them.
- 4 Pick 3 or 4 affirmations and write them out 10 times each in a journal in your own handwriting—NOT on your phone or computer!. Your subconscious mind is more likely to pick up what you physically write down with a pen and paper than what you type out using an electronic device. There is magic in your own handwriting. This goes for writing out your goals too, FYI.
- 5 Write them down on post-it notes or index cards and place them everywhere. I mean everywhere. By your bed, in your bathroom, on the refrigerator, in your closet, etc. Just seeing them alone on a daily basis is a powerful way to remind yourself of them.
- 6 Set affirmations in the reminders app of your phone so that they pop up at certain locations (like driving up to your home, work, the store, Starbucks, etc) or at certain times. My favorite times for them to pop up are first thing in the morning when my alarm rings. This way I'm making sure that I start my day off with the right intentions.

# 111 AFFIRMATIONS TO RAISE YOUR VIBE

Here are 111 affirmations that you can use to start making affirmations a daily practice for you. Keep in mind that this is just a guide, so feel free to use the ones that resonate with you most and drop the ones that don't. Pick and choose some from categories you may need the most help with right now. You may be at a point in your life where you are totally fulfilled in your relationship, but hate your job and want to start a business. The career/business and money category will be best for you at this point in your life. As a bonus, I have also included a section in this guide on how to create your own. That way you can walk away from this guide with affirmations that absolutely resonate with you and that you can get behind with belief.

## WEALTH/MONEY

1. My income is constantly increasing. Money flows easily into my life and there is always more than enough.
2. It is safe to be a rich, powerful, woman.
3. I am a magnet for money and prosperity is naturally drawn to me.
4. I'm open and receptive to all the wealth that life offers me.
5. My attitude towards money is constantly improving toward a positive state.
6. I can pay my bills easily and effortlessly. I always have more than enough.
7. I am connected to the Universal supply of money.
8. I release all resistance to money and allow the flow of abundance into my life.
9. I love money and money loves me.
10. I am an excellent manager of my wealth. I spend, save, and donate with joy and confidence.
11. Money pours into my life from all directions and unlimited sources.
12. Money is just energy. When I learn to love the energy of money, I will attract more of it.
13. I see myself as wealthy, and that's just who I am. It is in my birthright to be wealthy.
14. Every day and in every way, I am becoming more and more prosperous.
15. Money making opportunities come my way all the time.



## CAREER/BUSINESS

16. I am attracting new clients each and every single day. I am a client magnet.
17. People f\*cking love to pay me.
18. I am now aligning with my dream job. My dream job is out there and also seeking me.
19. I deserve to be employed and paid well for my time, efforts, and ideas.
20. I am flawlessly executing my business plan and new clients pour into my life on a daily basis.
21. I choose to be confident in knowing that I provide value to others.
22. I deserve a profitable business and/or a well-paying career.
23. My business is growing, expanding, and thriving. I am energized by the work that I do on a daily basis.
24. My business is prospering beyond my wildest dreams. It's all happening in perfect divine timing.
25. Today, doors of opportunity are opening for me.
26. My work is of my highest service and I am massively compensated for it.

## HEALTH/HEALING

27. I release all disease from my body and welcome health, love, and happiness into my life.
28. I lovingly do everything I can to assist my body in maintaining perfect health.
29. I am naturally filled with an abundance of energy. Getting through each day comes easy to me.
30. I am so thankful and grateful for my health and abundance.
31. I am healed, whole, and happy.
32. I am now releasing all harmful tension from my mind and body.
33. All of my cells are filled with love and light. They know exactly what to do to regenerate themselves into their most vibrant, healthiest, and most efficient states.
34. I love taking care of myself. I feel so f\*cking good doing it.
35. It's worth it to me to take care of myself. I am so f\*cking worthy of great health. I deserve nothing less than divine perfection.
36. I radiate good health. I am feeling so strong today.
37. I breathe deeply and fully. I take in the breath of life and I am nourished.

## WEIGHT LOSS/FITNESS

- 38. My body is getting stronger, slimmer, and healthier every day.
- 39. I am so fit, healthy, and attractive.
- 40. My metabolism is becoming more and more efficient on a daily basis.
- 41. I naturally choose energetic healthy foods to nourish my body.
- 42. I choose to have a positive attitude about what I eat, how I eat, and when I eat.
- 43. I feel thinner and thinner every day as my clothes become looser and looser on my body.
- 44. I have the nonstop daily determination needed to reach my healthy weight within me. I am aligning with that part of me right now.
- 45. Developing healthy eating and exercising habits becomes easier each day.
- 46. I see my body as my best friend. We are in complete harmony together.
- 47. I now dissolve all the blocks that are preventing me from reaching a healthy weight.
- 48. I absolutely love my body and all that it does for me.
- 49. Today and every day I am choosing progress over perfection. I enjoy the process of weight loss.
- 50. I am guided by my intuition. I know what to eat and how to live my life, and I trust this guidance.

## SPIRITUALITY

- 51. I am a powerful creator. I create the life I want.
- 52. I have unlimited power at my disposal.
- 53. God is always on my side. The Universe always has my back.
- 54. I am grateful for every blessing the Universe has and will create for me.
- 55. I am having so much fun witnessing and playing with the magic of the Universe.
- 56. Day by day, my connection to God is growing and growing. I feel fully supported and I know I am being guided.
- 57. The entire Universe is conspiring to give me everything that I want. I am a powerful manifester and I will use this power for my highest good.
- 58. I am always safe and divinely protected and guided.
- 59. God rejoices when I go big and I follow my passion and dreams.
- 60. I am a magnet for the unlimited good of God and I attract it effortlessly and easily.
- 61. God is so good, life is so wonderful, and I am SO richly blessed.
- 62. Spirit is now guiding my steps and all is unfolding for my ultimate good.
- 63. I am with God/the Universe/the Divine and God/the Universe/the Divine is with me always.
- 64. The Universe naturally and freely provides for all of my needs.

## MOTIVATION/HAPPINESS/MINDSET

- 65. Staying motivated comes easily to me.
- 66. I am capable of anything I focus on intently.
- 67. I choose to be happy right now. I love my life!
- 68. I appreciate everything that I have. I live in complete joy.
- 69. I welcome new opportunities to grow emotionally, mentally, and spiritually.
- 70. I am the creator of my mood therefore I am the creator of my day.
- 71. Everything happens for my highest good. I choose to believe that and it brings me peace.
- 72. I am successful in all of my pursuits. The only option for me is success and I choose to believe this and move forward.
- 73. I enjoy challenges. I take them head on and win them over.
- 74. I know my worth. I deserve immense success and I attract it effortlessly.
- 75. I can and will have more than I ever dreamed possible.
- 76. I am an extraordinary woman. I believe in my abilities and express my true unapologetic self with ease.

## CONFIDENCE/SELF-ESTEEM

- 77. I now release all of my fears and doubts.
- 78. I am confident and courageous. I possess the strength and ability to accomplish all of my goals and dreams.
- 79. I am unique. I feel so good about who I am and being no one else but my unapologetic self.
- 80. I inhale confidence and exhale fear.
- 81. I am passionate, outrageously enthusiastic, and inspire others every single day.
- 82. I am so beautiful and people love me for being me.
- 83. I get highly paid for just being myself and loving myself.
- 84. I am so proud of the beautiful work I am doing on this planet.
- 85. Things are always working out for me.
- 86. I am enough and always will be enough just the way that I am.
- 87. I love myself unconditionally and accept myself as I am.
- 88. I recognize the divinity in me. I respect myself and treat myself with kindness and love.
- 89. I, alone, am completely whole. I am complete just the way that I am.

## FORGIVENESS/SELF-LOVE/GROWTH

- 90. I am loved, loving, and lovable.
- 91. I forgive those who have harmed me in my past and peacefully detach from them.
- 92. I lovingly forgive and release all of the past. I choose to fill my life with joy. I love and approve of myself.
- 93. I let go and allow my heart the space it deserves to thrive. I am grateful for all that life has given me.
- 94. I release all negative thoughts and replace them with love.
- 95. I forgive all who have done me wrong and I now set them free. My heart only holds room for love now.
- 96. Every single experience that I have is perfect for my growth. Everything only happens for my highest good.
- 97. I consciously release the past and only live in the present.
- 98. Self-love comes to me with ease.
- 99. I see my struggles only as opportunities to grow, learn and better my life.

## FAMILY/RELATIONSHIP

- 100. I am attracting a loving, supportive soulmate.
- 101. I am so grateful for my incredible relationship(s).
- 102. Right now, I am attracting exactly the kind of relationship that is meant for me and it is all happening in divine timing.
- 103. I am safe in all my relationships, and I give and receive tons of love.
- 104. It's so easy for me to make friends. I am a magnet for wonderful people just like me, who love me, get me, and respect me.
- 105. I am so blessed for the family I have who loves me unconditionally.
- 106. I feel fully supported by those around me and I know that God/the Universe blessed me with these people for a beautiful reason.
- 107. I am SO blessed with an incredible family and wonderful friends.
- 108. I draw love and romance into my life, and I accept it now.
- 109. The partner of my dreams is out there. They are seeking me just as much as I am seeking them.
- 110. My partner is the love of my life. We adore each other.
- 111. I am completely safe in all of my relationships. It is safe for me to feel safe.

# WHEN IT FEELS LIKE IT'S NOT WORKING

Sometimes (okay, most of the time if we're being really honest here) all of this may feel like it isn't working. This is completely normal and expected-- especially for newbies. The Universe/God/your Higher Power (whatever resonates with you) likes to test our faith and our trust before it delivers our intentions/affirmations. Sometimes things in our life need to be cleared away and removed before we receive exactly what we want. For example, some women find that as soon as they start practicing their money affirmations, things begin to go haywire. Not always, but it's common. Their car breaks down, a pipe bursts in their home, their husband starts bringing up their "budget" more than ever, and maybe all of a sudden they lose their favorite diamond earrings. Chaos tends to ensue right before we get what we want. It's the Universe's way of asking you to be really clear about what you want by showing you what you don't want. It's a way of being shown that you are not as clear as you need to be. Clarity is everything when it comes to manifesting.

When things seem to be falling apart, they're actually falling into place. Our goal as spiritual beings is to always trust that everything happens for a purpose and for our ultimate highest good.

Everything is happening for a reason, and it will all make sense in the end. We are co-creators of our realities, not sole creators. We work with a higher power that loves us unconditionally and delivers what we want in the most divine timing. A timing that is perfect for us and our personal growth. It's our job to ask for what we want, but it's not our job to control the timing that it happens in, or the way that it happens. Dropping the how is something I talk a lot about in all my courses. The "how" is God's job, not yours. All you need to do is to be clear with what you want, and trust that it's on its way to you right now.

You were not... I repeat... you were NOT put on this planet to suffer. You were not put on this planet to have dreams, goals, and desires just to simply have them and think about them for no reason. That's just pure torture that the Universe doesn't want to put you through. I wholeheartedly believe, as it's been proven to me time and time again in both my own and my clients' experiences, that your desires were put in your heart because you were meant to manifest them. You got that? You f\*cking deserve everything you want. You are already worthy of it. Whether you desire to live in a million dollar house in Beverly Hills, or you desire to live in a hut on a secluded island, you were meant to follow those desires.



Believe that anything is possible for you, and the Universe will gladly give you anything that you want. When you really trust that the intentions you set by practicing your daily affirmations are truth and nothing but the truth, you will receive them. It's not just a nice thought, it's a f\*cking law. I can't stress this enough. Just like you don't question whether or not the Law of Gravity is real, there is no need to question whether or not the Law of Attraction works. However, the magic it brings into your life is in direct proportion with how much you believe it will work for you.

Your affirmations should be affirmed, not just simply said. Again, go back to your feelings. Really feel your affirmations as you say them, and trust that they are the truth. Your subconscious mind will pick up on it and it will lead to it manifesting into your reality in the timing that is appropriate for your highest good. Things come to you when you're ready for them. The reality you see around you right now is based upon what you believe to be true about your life. Start believing in more empowering statements, and your life will radically change. You can trust me on this. Repeat after me right now: Everything always happens for my highest good in divine timing. Yep, feel free to use that affirmation too.

## CREATING YOUR OWN AFFIRMATIONS

The 111 affirmations that I provided for you in this guide are an excellent starting point. As time goes on and as life unfolds, you may find that you want affirmations that are more customized to you and your personal life path. Affirmations are super easy to create as they are mostly just positive statements tailored to your goals. However, there are a few tips I want to share so that you avoid making common mistakes-- causing you to manifest the opposite of what you actually want.

- 1 Pick an area of your life which you would like to see a change in (relationships, marriage, finances, career, health and fitness, etc).
- 2 Figure out your end goal. What would you like to happen in this area of your life? Be very specific. The Universe loves specificity and clarity. Start with: "I want \_\_\_\_ and \_\_\_\_."
- 3 Now rewrite the statement as if whatever it is you want has already happened or already exists. Writing affirmations for the future do not work, because you are affirming to the Universe that you do not yet have this thing or experience, manifesting more of NOT having it. Notice how all of my 111 affirmations are written as if they have already happened or already exist.

*Example:*

**WEAK AFFIRMATION:** I want to earn \$2k a week in my t-shirt business .

**STRONG AFFIRMATION:** I am earning \$2k a week in my t-shirt business OR I have earned \$2k a week in my t-shirt business.

See the difference? Use phrases like “I am, I have” and make sure all verbs are in the present or past tense too.

*Example:*

I want to earn \$2k a week in my t-shirt business VS I am earning \$2k a week in my t-shirt business, or I have earned \$2k a week in my t-shirt business.

“I believe you can speak things into existence.”

- Jay Z

## THE 21 DAY AFFIRMATION CHALLENGE

Now that you know all the basics of affirmations, and hopefully have already started to utilize them, I would love to personally challenge you as your virtual life coach. Are you up for the 21 Day Affirmation Challenge?

I’m about 1000% sure you’ve heard the overused popular phrase that it takes 21 days to form a habit. So, why not challenge yourself to end this guide with a bang? I’d love to see your affirmation challenge journey in the Facebook group too. Share with me your posts about how affirmations are changing your reality over the next 21 days. Ready to begin?

- 1 Choose 3-5 affirmations that resonate most with what you need at this time in your life. Feel free to use this time to create your own too!
- 2 These 3-5 affirmations are going to become your number one focus over the next 21 days. You are going to live and breathe these statements as your subconscious mind starts to take them in as your truth.
- 3 Every morning say them out loud 10 times each while feeling the feelings behind the affirmations. Say them with conviction. Feel free to YELL them. One of the life coaches I hired earlier this year literally made me yell mine out over and over again, and our session started at 7am that morning! What a way to wake up.
- 4 For the purpose of this challenge, I want you to go out and buy a pretty notebook or journal to keep at your bedside. Every evening before bed, I want you to write each affirmation over and over again. I recommend 10 times each, but I have certainly done sessions where I wrote down each one over 50 times. Do what feels good to you. The key is to make it enjoyable and not a chore. The second these practices feel like a chore, they stop working.
- 5 Fall asleep in the evening thinking about what it would feel like if your affirmations were already true. I use the last 5 minutes before I fall asleep every night to visualize what it is that I am affirming to myself on a daily basis. This is also a great time to play that recording I mentioned earlier in the guide!

As the days go by over the next 3 weeks, I want you to also journal out or post in the FB group the changes that are occurring in your life. Are you noticing shifts? Are they energetic or physical? Are they slight or extreme? Are your manifestations becoming easier or are you noticing where you may be blocked? Is temporary chaos ensuing and testing your initial trust in the Universe? Or are things naturally manifesting in the easiest way possible? Make note of all of this. Become a gentle observer of your present reality. Your awareness is the first step on your spiritual path toward lasting change.

Believe each affirmation as your ultimate truth, and your life will radically change in as little as 21 days. I've proven it to myself time and time again to the point where I'm able to manifest what I'm affirming within DAYS as opposed to weeks or months in the past. I'm working on hours vs days now. It's truly become one of the most effective tools in my manifesting toolbox and I'm so passionate about paying it forward to women like you.

I truly hope you've found tremendous value in my 111 Affirmations To Raise Your Vibration & Radically Enhance Your Life Guide. I want to thank all the gorgeous babes who have inspired and continue to inspire the work that I do at Manifestation Babe. If you've loved this guide, I invite you to enroll in my premiere programs where I dive even deeper into topics like this one allowing you to raise your vibration and speed up your manifestations even faster. If you have any questions, please email us at **HELLO@MANIFESTATIONBABE.COM** and my lovely team will get in touch with you.



You can also follow me along for more inspiring content & a glimpse into my daily life [@manifestationbabe](https://www.instagram.com/manifestationbabe) on Instagram

You are far too smart, too blessed, too gifted, and too taken care of by universal forces to be the only one standing in your own way. It's time to uncover what's stopping you from manifesting the life of your dreams, and going after it with absolute certainty of success. I believe in you. You can do anything, babe. Your success is inevitable. Keep killin' it!

To Your Massive Success,

*Kathrin Zenkova*