

Dust Yourself off Huntie, You're Beautiful

25 Self Empowering Affirmations

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Published by:

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A Message from the Author

I am a firm believer in sharing my life experiences with others because, it helps us to grow. I graduated college in 2015 with a Bachelor of Arts degree in Communication. I had everything figured out. I would get a job, get married to my now ex-boyfriend, and travel. Well, to my surprise, life did not work out in the way that I envisioned it. I got a job that I did not really like, I barely traveled, and things ended with my ex-boyfriend. I found myself becoming very depressed. Yes, I smiled on the outside and I displayed that everything was fine. However, I was hurting like hell on the inside. I was confused and I felt like a complete failure!

I started making some bad choices in my life. I dated guys that I knew were no good for me, I forced myself to put on a smile to get through the day, and I cried myself to sleep often. When people looked at me, they saw a young woman who had accomplished a lot for their age. I agree, I have. However, I was not happy in life. I prayed and asked God for direction. At times, I thought God was mad at me. My brain started to become consumed with negative thoughts and I wanted to give up on everything. I thought switching jobs and getting a job in a teaching field would help elevate some of the pain I was feeling on the inside. However, it did not. I thought my current boyfriend could fill voids that God and I could only fill. I secretly started sabotaging my relationship. It is true when they say how you feel on the inside will reflect on the outside.

One day, I decided what kind of woman I wanted to be. I no longer wanted to be a woman who was filled with negativity. I no longer wanted to be a woman who made excuses for why she was not happy. I no longer wanted to be a woman who needed a man in her life to make her happy. I no longer wanted to be a woman who lived her life to what was the norm. Instead, I wanted to be a God fearing woman. I wanted to be a woman who was thankful and who enjoyed life. I wanted to be a woman who did not make excuses for why she was not happy. I wanted to become a woman who made her dreams her reality. I am a woman who took a step out on faith. I quit my job. I moved to another state. I choose my happiness. Yes, this journey of self-employment is a scary one. It is very tough. It is uncertain and sometimes I am very frustrated. However, I know my hard work will pay off. I know the sacrifices I am making now will benefit my future.

I am in a much happier place now in my life than I have been in the last few years. Yes, I miss my family, boyfriend, and friends. However, I was no good to them in the mental state that I was in.

I wrote this book to help other women embrace who they are and live out the lives God has for them. I can say with certainty now that God was not ignoring me, and he is working something great out for me.

I've said these daily affirmations.

I've meditated on them.

I've dreamed about them.

I've thought about them.

I've lived them.

It has helped transform my mind over the past year.

Yes, things will be tough.

Yes, you will want to throw in the towel.

Yes, you will probably say every word in the dictionary.

However, the storm will pass. Things will get better. You just have to develop patience and speak positivity into your life daily.

Did you know?

- 7 in 10 girls believe they are not good enough or do not measure up in some way, including their looks, performance in school and relationships with family and friends. ¹
- 74% of girls say they are under pressure to please everyone. ²
- 98% of girls feel there is an immense pressure from external resources to look a certain way. ³
- 92% of women would like to change something about themselves, in regards to the way they look. ⁴
- 3% of Fortune CEOs are women. ⁵
- 80% of all purchasing decisions are made by women. ⁶

- 34% of women have ever served as governors compared to 2,319 men. ⁷

You are a woman and your purpose in this world is far greater than what you can ever imagine. You are not here to be someone else punching bag or to be beneath someone else! God created women for a reason and he has a plan for all of us. You are beautiful! You are able! You are intelligent! You are more than your assets! You are uniquely flawed!

I invite each one of you to relax and let's get started on our inspirational wall!

Chapter 1: Redefining Beauty

How do you see yourself?

- *Do you see yourself as beautiful?*
- *Do you walk with your head up or down?*
- *When you walk into a room, do you own it or do you merely exist in it?*
- *Do you speak up for yourself?*
- *Are you constantly comparing yourself to other women?*

This was put into this book to help check where your confidence level is, while moving along through the lessons. If you are someone who is struggling with your confidence, do not beat yourself up. Over 50% of women within the U.S are or have struggled with being confident at some point in their life.

I am here to tell you that you can become that confident, fearless women you crave to be. You just have to shift your mindset. The mind is a very powerful thing and you have to learn to believe wholeheartedly that you are the "ish", then that is what you will display to the world. The best part about obtaining a confident mindset, is eventually you will obtain a more happy fulfilled life.

I am here to help you shake those negative self-defeating lies you've told yourself. I want you to get out a pen and write these affirmations down. If you would like to tape it to your wall, please do so. However, you have to say these at least 3 times a day. When you repeat something 3 times, you will remember and your mind will begin to shift.

Repeat these affirmations at least 3 times a day and I promise your mind will begin to shift. However, you have to give it honest effort.

1. **I am beautiful...I am smart...I am all woman:** For a very long time I struggled with believing I was beautiful. I had to reprogram my mind and look myself directly in the mirror and tell myself that I was and am beautiful. We have so many images out in the world telling us what is considered to be beautiful and what is not. I am here to tell you to ignore what social media and society is telling you and start embracing who you are! You are beautiful! You are smart! You are an amazing women! It's time to start acting like it.
2. **I am more than the size of my assets:** Growing up, I was always the girl who was introduced as the girl with the big booty. I hated being introduced in that manner because, guys would not be interested in speaking to me to get to know me. Instead, they were only interested in getting to know me to get into my pants. When they realized I was not going to do anything sexual with them, they would stop talking to me. That did a lot of destruction to my esteem, because I started to believe that I was only good enough to talk to because of my figure. It took many years, but I shook those negative thoughts. I no longer let people introduce me as the girl with the big booty. I am a person and that is who you will introduce me as. When guys decide not to talk to me because I refuse to be sexual with them, I find it to be a blessing. I do not want to waste my time with a boy who only wants one thing from me.

I am here to tell you that you have more to offer these no good boys. You are not your assets. Your assets are a part of you, not who you are. Of course, you embrace every part of yourself, but do not accept anything less.

- 3. I will no longer care what others think about me. Instead, I will only listen to what I think about myself:** Words hurt. People's perceptions on who they think you are, hurts. However, they are just words. If you believe you are something and going somewhere in life, that is all that matters. You do not need people to validate you. The sad truth of needing others to validate you is that people will never be fully happy with who they think you should be and or become. They will always want something more from you or for you. So, why live your life that way? We are born into this world alone and the only opinion that matters, is yours.

I let other people's opinions about me stop me from doing many things within my life and I do not want that for you. I want you to take control of your life and repeat this until you feel you no longer need others to validate you.

- 4. I define what beauty is:** It does not matter if you are a size 0 or a size 14, you are flipping gorgeous! I know this was touched on in the very beginning. However, so many people struggle with what beauty is. I am here to tell you that beauty is whatever you deem it to be. It is not that superficial bull! No one is perfect and no one looks perfect every day. You were uniquely created and that is what makes you different from others around you. Remember, you define what beauty is. Not social media.

*****To purchase the remainder 4 chapters, please visit <https://www.amazon.com/-/e/B0711RWXZF>**