

# Affirmations for a **Big Life**

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MANAGEMENT

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*Move Your Career Forward*

# How to use this gift.

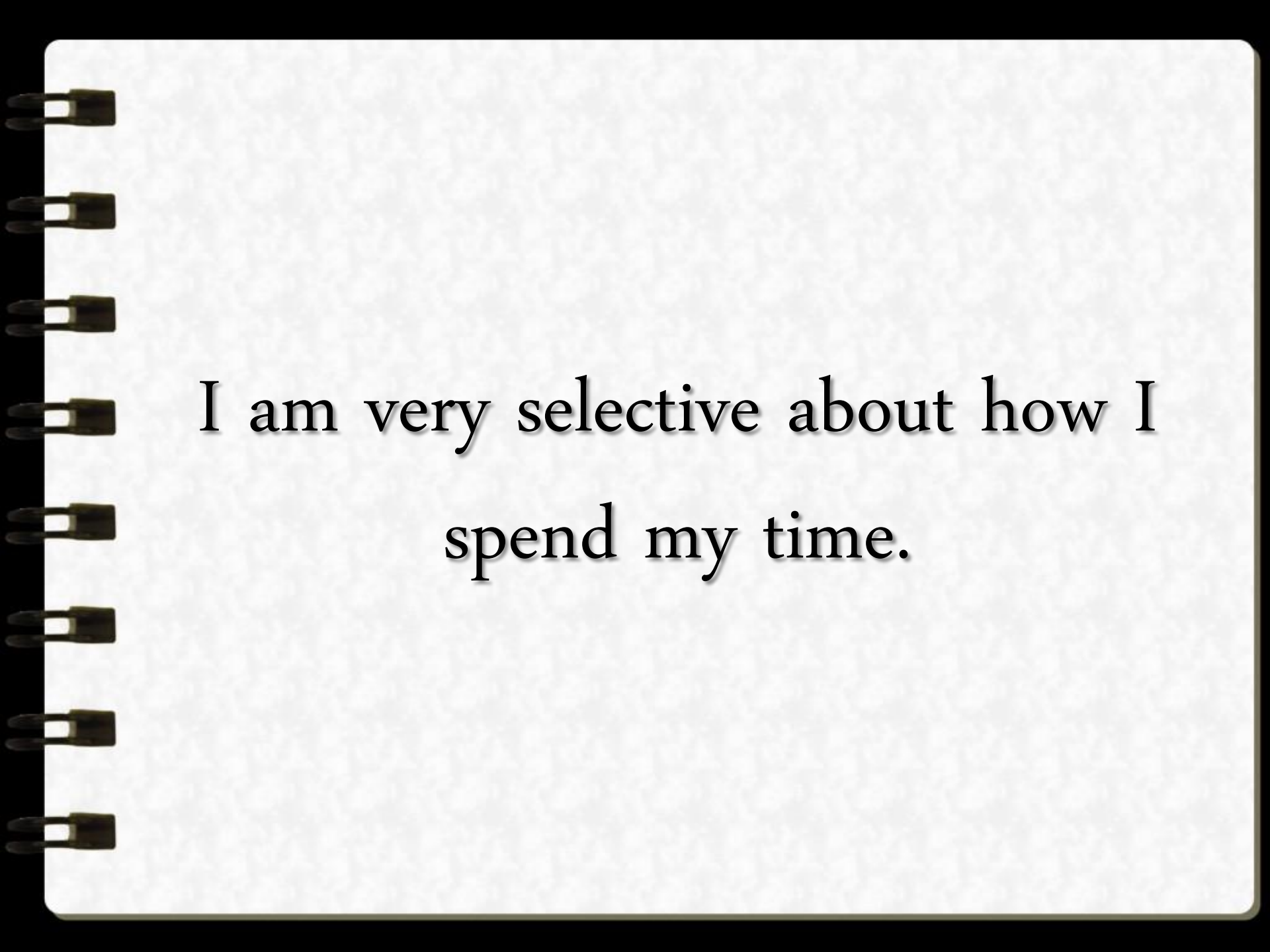
**The words on these pages are important words and insights so viewing them daily or as often as you can will help make that connection from insight to current reality.**



I have a highly successful career.

A spiral-bound notebook with a white cover and a black spiral binding on the left side. The notebook is open to a blank white page. The text "I love my life!" is written in the center of the page in a black, serif font.

I love my life!



I am very selective about how I  
spend my time.

A spiral-bound notebook with a white cover and a white page. The spiral binding is on the left side. The text "My brain works brilliantly." is written in the center of the page in a black, serif font.

My brain works brilliantly.

A spiral-bound notebook with a white cover and a black spiral binding on the left side. The notebook is open to a blank white page. The text "I am healthy and I feel great." is written in the center of the page in a black, serif font.

I am healthy and I feel great.



I am calm in stressful moments.



A spiral-bound notebook with a white page. The spiral binding is on the left side. The text "I breathe deeply." is written in the center of the page in a black, serif font.

I breathe deeply.

A spiral-bound notebook with a white page. The spiral binding is on the left side. The text "I am wealthy and wise." is written in the center of the page in a black, serif font.

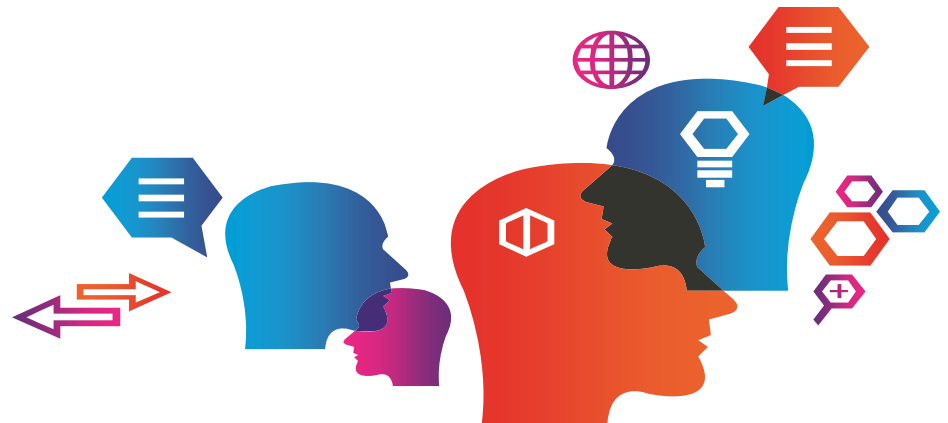
I am wealthy and wise.

A spiral-bound notebook with a white cover and a black spiral binding on the left side. The notebook is open to a blank white page. The text "Things come easy to me." is written in the center of the page in a black, serif font.

Things come easy to me.

*“Affirmations, when practiced deliberately and regularly, reinforce a chemical pathway in the brain, making the connection between two neurons stronger, and therefore more likely to conduct the same message again.”*

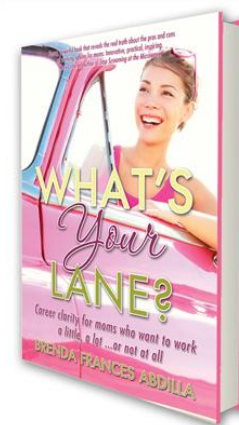
Hub: The science behind affirmations



**Brenda Abdilla** is a certified, professional coach and the founder of Management Momentum LLC. Momentum's mission is to help clients gain career confidence and clarity in a way that empowers every aspect of their lives. Brenda likes results-oriented action so much she founded her company on the principle of moving people and organizations forward. Brenda is a skilled professional mentor using her business experience and advanced tools like the Enneagram, The DiSC and Emotional Intelligence Testing and 360 assessments to help motivated professionals reach their desired outcomes sooner rather than later.



Brenda's new book, *What's Your Lane? Career clarity for moms who want to work a little, a lot or not at all* is now available for moms in career-question mode. You can sign up for her Momma Minute newsletter at [www.Whatsyourlane.com](http://www.Whatsyourlane.com) to get savvy tips for today's mom.



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