

November 2023

The

POWER
OF
BELIEF
& FAITH

ALL THINGS POSITIVE, BEAUTIFUL & THERAPEUTIC



All of us

STRUGGLE,
EXPERIENCE PAIN & LOSS,
DISAPPOINT,
FEAR & DOUBT

This, too, shall pass



YOU'RE
doing enough

**BE KIND
BE GENTLE
WITH YOURSELF**

No matter what life experience or challenge you may be going through right now, I'm sending strength, courage & light your way.

It can be challenging to shift our mind/focus from challenges & pains that surround us when we feel it so deeply.

Know that you have the power & strength within you even if you cannot feel or see it right now.

"I am" is a very powerful statement. Mindfully choose what you say to yourself everyday.

*When life gives you lemons,
throw them back at life and
say screw you!*



I am resilient, I bounce back from
challenges with wisdom & grace.

Every challenge & lesson in life only makes
me stronger and wiser.



Adding fresh squeezed lemon juice to your water
every morning is a great way to cleanse

Every struggle & challenge
is temporary and always has a solution



I am powerful & capable of handling
anything that comes my way

Don't believe everything in your head

Oftentimes, we don't realize how much time we spend in our head overthinking and catastrophizing situations.

Have you noticed that when something doesn't go our way or we face fear/challenging situations, we tend to think of the worst case scenarios?

Our brain is wired in a way to protect us from danger, it's a natural mechanism to keep us safe.

The thoughts that we have are not always helpful (I can't do this, it's too risky, this is only going to get worse, I won't make it, there's always one thing after another, why life treats me this way, I won't have enough, I will lose this and so on).

Those thoughts do not only disempower, but keep us stuck and frustrated.

It's time to change our stories, walk into the unknowns with faith, and trust the journey that whatever happens is meant for us to look at life differently, get our power back & go all in.

I'm resilient & capable

A close-up photograph of a hand holding a bouquet of several large, multi-petaled pink roses. The roses are in full bloom and have small water droplets on their petals. The background is a soft-focus green garden with other roses and foliage. The text is overlaid on the lower half of the image.

TODAY, I CHOOSE

Joy & Courage

OVER FEAR, PRESSURE OR DOUBT

I am not defined by
my past or my failure



I am constantly evolving
to be the best version of myself

Every morning

I EMBRACE
NEW POSSIBILITIES

& blessings

THAT LIFE BRINGS

Today, I welcome
peace, strength,
joy, meaningful
connection & love



I release all doubts and embrace courage

I'm grateful for all the blessings in life

I have the power
TO CHANGE MY LIFE

I trust that everything is unfolding for my highest good
even when I don't understand it right now



Believe in your power

May the words in this book comfort, uplift, embrace & be your guiding light like a lantern that leads you through the darkness.

Carry the positivity and hope near and dear to your heart even when you cannot see through it all at this time.

May your strength & faith comfort you through this journey...every step of the way.

Please share this book as a way to uplift and spread hope and faith to people who may need it right now.

If you'd like to get a new ebook each month, you may [subscribe here](#). I plan to make one each month.

Tati



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