



How Positive Affirmations Saved My Life

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SCAN ME



Everything you want in life is on the other side of your mindset.

If “positive affirmations” sound too woo-woo for you, go ahead and move on to the next article. This message is for the ones who already know mastering your mindset isn’t optional—it’s the way to unlock your best life.

You know who you are. You journal in the morning. You pray. You meditate. Your nightstand is stacked with self-help books.

And yet... behind closed doors, you have dark days. Moments where you feel helpless, lost, confused, and downright low.

Why? Because some part of you still believes that negative voice in your head.

Our thoughts are like records on repeat. Play the same track enough times and it becomes your truth. If you’ve been listening to the *I Am Not Good Enough* album for years, it’s no wonder you feel stuck.

- Your thoughts impact your feelings.
- Your feelings drive your actions.
- Your actions create your results.

Like dominoes, once the first thought tips, the rest follow.

The good news? The reverse is true too. Swap the record for *I Can Handle Anything That Comes My Way* or *I am Worthy of All I Desire*. Put that affirmation on repeat and watch how your perspective and life changes.

This is how you rewire your brain. Neuroscientists call it neuroplasticity—the ability to form new thought patterns. Every time you repeat an affirmation, you’re training your brain like lifting weights. The more you practice, the stronger those positive pathways become until resilience and optimism are your default.

Brain scans even show affirmations light up the same reward centers as joy, love, or praise. They calm stress, lower cortisol, and boost performance.

Each repetition is a “pathway of possibility,” teaching your brain to believe in YOU until the belief becomes automatic.

As Oprah Winfrey said, “*Create the highest, grandest vision possible for your life, because you become what you believe.*”

So the question is: What are you believing?

Nearly 15 years ago, I was at one of my lowest points.

I was playing the *I Don’t Matter* album on repeat. And when you believe you don’t matter, you feel awful.

I was severely depressed, barely able to get out of bed. My thoughts kept me tied down, and my actions reflected it. I hid under the covers, letting negativity knock the light out of me.

Then one day, I was sick and tired of being sick and

tired. I couldn’t stand myself anymore.

I made two decisions: get up and make my bed every day and change the way I was thinking.

I scribbled down new thoughts on cheap index cards: “I am worthy of being happy.”

“I can change my life one small step at a time.”

I carried those cards everywhere, reading them constantly.

And slowly, things began to shift. My brain started to make new connections.

One card, one thought, one step at a time—until the darkness lifted.

It was slow magic. I was reprogramming my brain. My entire state of being began moving in a positive direction. Like going to the gym, I was doing the reps. And it worked!

Today, I still carry affirmation cards. I find them tucked in books, hidden in drawers, lingering in pockets. I call them self-love notes. They remind me to keep going.

I can honestly say affirmations saved my life.

I am happy to be alive.
I am joyful.
I am powerful.
Above all, I am transformed.

Since then, I’ve become a Life Coach, helping women reclaim their power and transform their lives by teaching them how to manage their mind, body, and money.

And two years ago, an intuitive voice spoke to me and said: “***Make beautiful affirmation cards that bring hope to people.***”

So I did.

I created *A Deck of Hope: 52 inspiring affirmation cards* to support you no matter what you’re going through.

I’m on a mission to get *A Deck of Hope* into as many hands and lives as possible. You can help by sharing them with your community or introducing me to retailers, corporations, and nonprofits who

want to spread encouragement. Together, we can spark hope on a scale far greater than I could accomplish alone.

I also encourage you to purchase *A Deck of Hope* for yourself or as a gift for someone who could use daily encouragement.

Because once you transform your mind, you transform your whole life.

I am living proof.

And if you need 1:1 support from a Life Coach, I am here for you.

Learn more about my private coaching at WhitneyAnneEllis.com

I love helping ambitious women become the CEO of their lives.

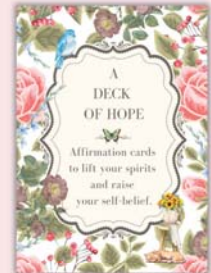
A DECK OF HOPE

52 positive affirmations

A Pocket-Sized Gift of Hope and Empowerment

Stop letting negativity win. With *A Deck of Hope*, you’ll carry encouragement everywhere you go—by your bed, in your bag, on your desk. Use it daily and watch your life transform, or share the gift of hope with someone you love.

Scan to shop or visit herstorygoods.com



What’s Inside:

- 52 cards for daily mindset support
- With unique illustrations & gold edging
- A keepsake box for safekeeping
- Retail \$30
- Limited quantity.