



*Joy*GLO  
COLLECTION

101 JOYSPIRED  
DECLARATIONS

# ANTHO LOGY

## STEP INTO YOUR JOYGLO™ SEASON

**B**EAUTIFUL, how would you like to experience more joy that life wants to offer up to you? It's absolutely possible to create something brand new in your life using these 101 *Joyspired* Declarations.

As you build your confidence and courage to tackle any stress, drama and trauma life throws your way, you can do it with grace and ease.

This is because every thought you think is a declaration. You're creating your JoyGlo™ season every moment, whether you realize it or not. We basically think the same the thoughts each day. In a way, we're on autopilot.

The majority of those thoughts don't contribute to our joy and happiness. *It's time to get altitude and alter the way you THINK which can positively impact the quality of your life and removing the word burnout from your vocabulary.*

Declarations are simple statements that can help you overcome fear, build your confidence, take control



of your personal situation and develop an abundance mindset which contributes to joy and harmony in all areas of your life.

There are numerous opinions on the right and wrong ways to use effective declarations, but the bottom line is that a declaration can be considered effective **ONLY** if it works for **YOU, Beautiful!**

The whole point of these declarations is to shift your **MINDSET** to a joy-filled and positive place so you feel more confident, happy, secure, abundant, courageous, or anything else you want to accomplish. We can always change the old thoughts and help them slowly dissolve away.

As you read the following declarations, think of them as fertilizer for your mind. Anything you plant will flourish. Read the declarations **OUT LOUD** and feel free to use them if they resonate with you.

If not, try altering them slightly until they trigger the mindset and emotional state you're striving to attain. Review them daily and if you're feeling particularly bold, I challenge you to say them out loud in front of a mirror.

Gradually, you'll benefit from a perspective shift and upgrade your life as well. Remember to take care of yourself first, so you can take care of those you love.

Your JoyGlo™ Coach

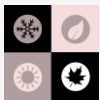
A handwritten signature in a gold cursive script, likely reading 'Y. White'.

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**DECLARATIONS  
FOR SELF LOVE**



# 1

I AM FILLED WITH LIGHT,  
LOVE AND PEACE

INDEX



# 2

## I TREAT MYSELF WITH KINDNESS AND RESPECT

INDEX

# 3

INDEX

I DON'T HAVE TO BE  
PERFECT; I JUST HAVE  
TO BE ME

# 4

## I GIVE MYSELF PERMISSION TO SHINE

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# 5

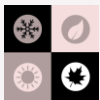
I HONOR THE BEST PARTS  
OF MYSELF AND SHARE  
THEM WITH OTHERS

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# 6

I'M PROUD OF ALL I HAVE  
ACCOMPLISHED

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# 7

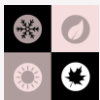
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TODAY I GIVE MYSELF  
PERMISSION TO BE  
GREATER THAN MY FEARS

# 8

## I LOVE MYSELF NO MATTER WHAT

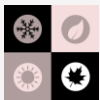
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## I AM MY OWN BEST FRIEND AND CHEERLEADER

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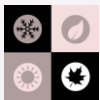
# 10

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I AM GRATEFUL FOR THE  
QUALITIES, TRAITS AND  
TALENTS THAT MAKE ME  
UNIQUE

The background of the image is a soft, aesthetic composition. On the left, a white window frame is visible, with some light-colored wood grain or paint texture. In the center, a white, shaggy, fuzzy rug or blanket is spread out. On the right side, a single pink rose with delicate petals is partially visible, adding a touch of color and softness to the scene. The overall lighting is bright and natural, creating a clean and inviting atmosphere.

**DECLARATIONS FOR  
SELF CONFIDENCE**



# 11

FEAR IS ONLY A FEELING; IT  
CANNOT HOLD ME BACK

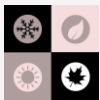
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I KNOW THAT I CAN  
MASTER ANYTHING IF I DO  
IT ENOUGH TIMES



# 13

TODAY I AM WILLING TO  
FAIL IN ORDER TO  
SUCCEED

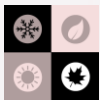
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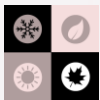
I BELIEVE THAT I HAVE THE  
STRENGTH TO MAKE MY  
DREAMS COME TRUE



# 15

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I'M GOING TO RELAX AND  
HAVE FUN, NO MATTER  
WHAT THE OUTCOME  
MAY BE



# 16

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I'M PROUD OF MYSELF FOR  
EVEN DARING TO TRY;  
MANY PEOPLE WON'T EVEN  
DO THAT



# 17

TODAY I PUT MY FULL  
TRUST IN MY INNER  
GUIDANCE

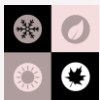
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# 18

I GROW IN STRENGTH  
WITH EVERY FORWARD  
STEP I TAKE

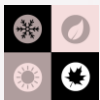
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I RELEASE MY HESITATION  
AND MAKE ROOM  
FOR VICTORY



# 20

WITH A SOLID PLAN  
AND A BELIEF IN MYSELF,  
THERE'S NOTHING  
I CAN'T DO

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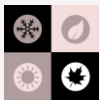
**Declarations  
For Love**



# 21

I AM READY FOR A  
HEALTHY, LOVING  
RELATIONSHIP

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# 22

ALL OF MY RELATIONSHIPS  
ARE MEANINGFUL AND  
FULFILLING

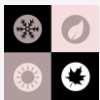
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# 23

AS I SHARE MY LOVE  
WITH OTHERS THE  
UNIVERSE MIRRORS  
LOVE BACK TO ME

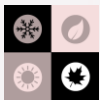
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# 24

I SEE EVERYONE I  
MEET AS A SOUL MATE

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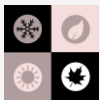
I TRUST THE UNIVERSE TO  
KNOW THE TYPE OF  
PARTNER WHO IS  
PERFECT FOR ME



# 26

TODAY I RELEASE FEAR  
AND OPEN MY HEART TO  
TRUE LOVE

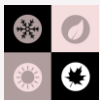
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I AM GRATEFUL FOR THE  
PEOPLE IN MY LIFE

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# 28

I AM THE PERFECT  
PARTNER *FOR* MY PERFECT  
PARTNER

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# 29

## I DESERVE A LOVING, HEALTHY RELATIONSHIP

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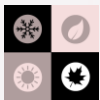
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I DESERVE TO BE LOVED  
AND I ALLOW MYSELF TO  
BE LOVED

A bouquet of white chrysanthemum flowers is the central focus of the image. The flowers are in various stages of bloom, with some showing their intricate, multi-petaled structure. The background is a soft, out-of-focus white, with a few scattered flower heads and stems visible, suggesting a larger arrangement. The overall tone is bright and clean.

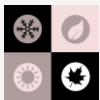
**Declarations For  
Abundance**



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I AM OPEN TO THE FLOW  
OF GREAT ABUNDANCE IN  
ALL AREAS OF MY LIFE



# 32

I ALWAYS HAVE MORE  
THAN ENOUGH OF  
EVERYTHING I NEED

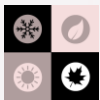
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# 33

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THANK YOU, THANK YOU,  
THANK YOU, THANK YOU!



# 34

TODAY I EXPAND MY  
AWARENESS OF THE  
ABUNDANCE ALL  
AROUND ME

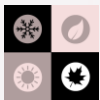
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I ALLOW THE UNIVERSE  
TO REWARD ME IN  
SURPRISING AND  
JOYFUL WAYS

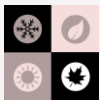
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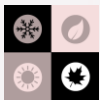
MY GRATEFUL HEART IS A  
MAGNET THAT ATTRACTS  
MORE OF EVERYTHING  
I DESIRE



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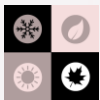
PROSPERITY SURROUNDS  
ME, PROSPERITY FILLS ME,  
PROSPERITY FLOWS TO ME  
AND THROUGH ME



# 38

## I EXUDE PASSION, PURPOSE AND PROSPERITY

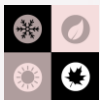
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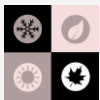
I AM ALWAYS LED TO THE  
PEOPLE WHO NEED WHAT I  
HAVE TO OFFER



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AS MY COMMITMENT TO  
HELP OTHERS GROWS, SO  
DOES MY WEALTH



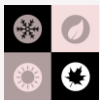
# 41

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MY DAY IS FILLED WITH  
LIMITLESS POTENTIAL IN  
JOY, ABUNDANCE AND  
LOVE

A close-up photograph of a purple and white flower spike, likely a Salvia (Sage) plant, with the text "DECLARATIONS FOR LIFE PURPOSE" overlaid in the center. The background is a soft, out-of-focus field of similar flowers.

**DECLARATIONS FOR  
LIFE PURPOSE**



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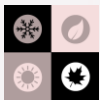
THE BETTER I KNOW  
MYSELF, THE CLEARER MY  
PURPOSE BECOMES



# 43

MY UNIQUE SKILLS AND  
TALENTS CAN MAKE A  
PROFOUND DIFFERENCE IN  
THE WORLD

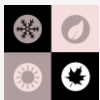
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# 44

TODAY I FOLLOW MY  
HEART AND DISCOVER MY  
DESTINY

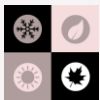
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# 45

I AM MEANT TO DO  
GREAT THINGS

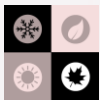
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# 46

I AM LIMITED ONLY BY  
MY VISION OF WHAT  
IS POSSIBLE

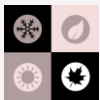
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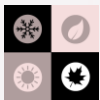
MY PURPOSE IS TO  
DEVELOP AND SHARE THE  
BEST PARTS OF MYSELF  
WITH OTHERS



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TODAY I PRESENT MY LOVE,  
PASSIONS, TALENTS AND  
JOY AS GIFTS TO  
THE WORLD



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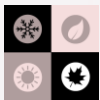
I NEED NOT KNOW THE  
ENTIRE JOURNEY IN  
ORDER TO TAKE ONE STEP



# 50

I FULFILL MY LIFE  
PURPOSE BY STARTING  
HERE, RIGHT NOW

INDEX



# 51

MY LIFE PURPOSE CAN BE  
WHATEVER I DECIDE  
TO MAKE IT

INDEX

A serene beach scene with sand dunes, grass, and a bright sky. The foreground is filled with tall, thin grasses in shades of gold and brown, some in sharp focus and others blurred. In the background, a wide expanse of sand dunes stretches across the horizon under a bright, clear sky. The overall atmosphere is peaceful and natural.

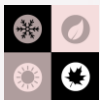
# **Declarations For Inner Peace**



# 52

ALL IS WELL, RIGHT  
HERE, RIGHT NOW

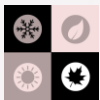
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# 53

## PEACE BEGINS WITH A MINDFUL CHOICE

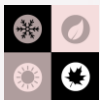
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TODAY I EMBRACE  
SIMPLICITY, PEACE  
AND SOLACE

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## A PEACEFUL HEART MAKES FOR A PEACEFUL LIFE

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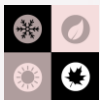
I TRUST THE UNIVERSE TO  
DELIVER MY HIGHEST  
GOOD IN EVERY SITUATION



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BY BECOMING PEACE,  
I CREATE PEACE IN  
EVERY EXPERIENCE

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# 58

I AM FILLED WITH THE  
LIGHT OF LOVE, PEACE  
AND JOY

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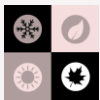
PEACE COMES WHEN I LET  
GO OF TRYING TO CONTROL  
EVERY TINY DETAIL



# 60

WHERE PEACE DWELLS,  
FEAR CANNOT

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# 61

TODAY MY MISSION IS TO  
SURRENDER AND RELEASE

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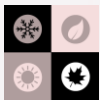
**Declarations For A  
Healthy Body Image**



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TODAY I LOVE MY BODY  
FULLY, DEEPLY AND  
JOYFULLY

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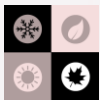
MY BODY HAS ITS OWN  
WISDOM AND I TRUST THAT  
WISDOM COMPLETELY



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MY BODY IS SIMPLY A  
PROJECTION OF MY  
BELIEFS ABOUT MYSELF



# 65

I AM GROWING MORE  
BEAUTIFUL AND LUMINOUS  
DAY BY DAY

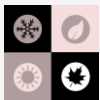
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# 66

I CHOOSE TO SEE THE  
DIVINE PERFECTION IN  
EVERY CELL OF  
MY BODY

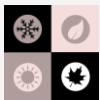
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# 67

AS I LOVE MY BODY,  
I ALLOW OTHERS TO  
LOVE ME TOO

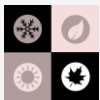
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FLAWS ARE TRANSFORMED  
BY LOVE AND ACCEPTANCE

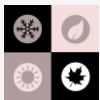
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TODAY I CHOOSE TO  
HONOR MY BEAUTY,  
MY STRENGTH AND  
MY UNIQUENESS

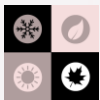
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# 70

I LOVE THE WAY I FEEL  
WHEN I TAKE AMAZING  
CARE OF MYSELF

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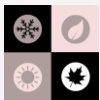
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TODAY MY OWN  
WELL-BEING IS MY  
TOP PRIORITY

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# Declarations For Opportunity

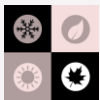




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TODAY I OPEN MY MIND  
TO THE ENDLESS  
OPPORTUNITIES  
SURROUNDING ME



# 73

OPPORTUNITIES ARE  
EVERYWHERE, IF I CHOOSE  
TO SEE THEM

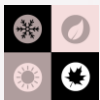
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I BOLDLY ACT ON GREAT  
OPPORTUNITIES WHEN  
I SEE THEM

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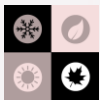
MY INTUITION LEADS ME  
TO THE MOST LUCRATIVE  
OPPORTUNITIES



# 76

AN OPPORTUNITY IS  
SIMPLY A POSSIBILITY  
UNTIL I ACT ON IT

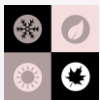
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SOME OF THE BEST  
OPPORTUNITIES ARE  
MADE, NOT FOUND

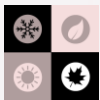
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TODAY I SEE EACH MOMENT  
AS A NEW OPPORTUNITY TO  
EXPRESS MY GREATNESS

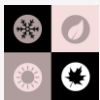
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I EXPAND MY AWARENESS  
OF THE HIDDEN  
POTENTIAL IN EACH  
EXPERIENCE



# 80

LET EACH OF MY  
EXPERIENCES TODAY BE A  
GATEWAY TO SOMETHING  
EVEN BETTER

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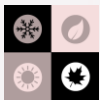
# 81

EACH DECISION I  
MAKE CREATES NEW  
OPPORTUNITIES

INDEX

A vibrant tropical scene featuring a clear, turquoise ocean in the background. In the foreground, there are dark, rounded volcanic rocks and lush green vegetation, including palm trees and other tropical plants. The overall atmosphere is serene and natural.

# Declarations For Healing



# 82

I AM STRONG  
AND HEALTHY

INDEX



# 83

MY ENERGY AND VITALITY  
ARE INCREASING  
EVERY DAY

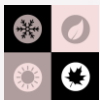
INDEX



# 84

I AM OPEN TO THE  
NATURAL FLOW OF  
WELLNESS NOW

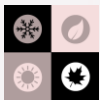
INDEX



# 85

MY INNER GUIDANCE LEADS  
ME TO THE RIGHT HEALING  
MODALITIES FOR ME

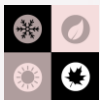
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# 86

ABUNDANT HEALTH,  
WELLNESS AND JOY ARE  
MY BIRTHRIGHT

INDEX



87

THANK YOU FOR MY  
STRENGTH, MY HEALTH  
AND MY VITALITY

INDEX



88

I AM FEELING  
STRONGER AND  
BETTER NOW

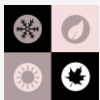
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# 89

## I TAKE CARE OF MYSELF FIRST

INDEX



# 90

TODAY NURTURING  
MYSELF IS MY HIGHEST  
PRIORITY

INDEX



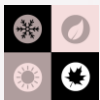
# 91

INDEX

THANK YOU FOR THE  
OPPORTUNITY TO BALANCE  
MY MIND, BODY AND SPIRIT



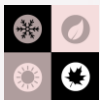
**Declarations  
For Inner Clarity**



# 92

TODAY I AWAKEN TO  
MY HIGHER WISDOM

INDEX



# 93

## MY INNER VOICE GUIDES ME IN EVERY MOMENT

INDEX



# 94

I AM CENTERED,  
CALM AND CLEAR

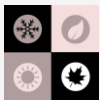
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# 95

I ALWAYS KNOW THE  
RIGHT ACTIONS TO  
ACHIEVE MY GOALS

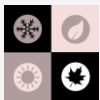
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# 96

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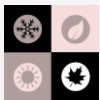
WHEN I KNOW WHERE I'M  
GOING, GETTING THERE  
IS A CINCH



97

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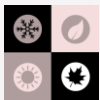
TODAY I AM COMPLETELY  
TUNED IN TO MY  
INNER WISDOM



# 98

HARMONY IS ALWAYS A  
SIGN THAT I AM BALANCED  
FROM WITHIN

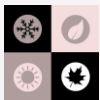
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99

THANK YOU FOR SHOWING  
ME THE WAY TO LIVE  
MY DREAMS

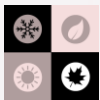
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# 100

## I TRUST MY FEELINGS AND INSIGHTS

INDEX



# 101

## I AM DETACHED AND OPEN TO DIVINE GUIDANCE

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