

# H.E.R.E. TO THRIVE



**4 Daily Affirmations to Inspire** HOPE, EXHALE  
Stress, RESTORE Energy, & Feel EMPOWERed



*NeMeia Washington*

◆ INTENTIONALLY EVOLVE ◆

# About NeMeia



NeMeia Washington, lovingly known as Meia, is the founder & CEO of Intentionally Evolve, a self-care brand devoted to helping intentional women prioritize their mental health & well-being. With over 20 years of experience in the mental health field & a Master's degree in Psychology, Meia is deeply passionate about empowering women to embrace

self-care as a transformative daily practice.

Having faced burnout multiple times on her journey, Meia understands the challenges of creating balance & harmony in a busy life. Her mission is to inspire intentional women to carve out meaningful space for themselves, even amidst life's demands.

One of Meia's favorite self-care practices is reciting positive affirmations daily—a habit she's embraced for over five years. This simple yet powerful tool has become her morning anchor, setting the tone for her day & fueling her intentional mindset.

Now, Meia is excited to share this practice with other intentional women, helping them integrate affirmations into their lives as a step toward holistic self-care & inner peace.



**"REST & SELF-CARE ARE SO IMPORTANT.  
WHEN YOU TAKE TIME TO REPLENISH  
YOUR SPIRIT, IT ALLOWS YOU TO SERVE  
OTHERS FROM THE OVERFLOW."**

**– Eleanor Brown**





# Affirmation #1: Hope



**"HOPE LIGHTS MY PATH, GUIDING ME  
FORWARD WITH STRENGTH & TRUST!"**

Hope is the quiet force that keeps you moving, even in uncertain times. This affirmation reminds you that no matter the challenges you face, there is always light ahead. As a busy woman balancing life's demands, it's easy to feel overwhelmed—but holding onto hope allows you to persevere with courage & grace.

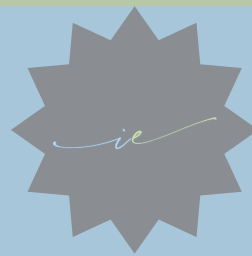
Embracing hope doesn't mean ignoring difficulties; it means believing in your ability to rise above them. Each step you take, no matter how small, is a step toward growth, healing, & renewal. When you choose hope, you choose to trust in new beginnings, endless possibilities, & your own resilience. Let this affirmation be your daily reminder that brighter days are always within reach—you are evolving, & your journey is unfolding exactly as it should.





"Hope lights my path, guiding me forward with strength & trust" is more than just a motivational phrase—it's a reminder that even in uncertain times, you have the power to keep moving forward. By embracing this affirmation, you allow yourself to trust the journey, believe in new possibilities, & find strength in every step. This affirmation daily reinforces your ability to rise above challenges while staying aligned with your well-being. No matter what comes your way, hope will always guide you forward. Reciting this:

- Nurtures Resilience
- Fuels Determination
- Promotes Self-Compassion
- Empowers Decision-Making



## INTENTIONAL NIE TIME

- 1 Choose one of your goals for the year that you are passionate about achieving.
- 2 Break the goal down into small steps that are achievable daily in your Intentional Journal or Planner.
- 3 Assign a step per day to complete & reward yourself for completing it.

“PROGRESS, NO MATTER HOW SMALL, PROVES YOUR CAPABILITY.”

## Affirmation #2: Exhale



**"I PRIORITIZE MY WELL-BEING & CREATE SPACE TO REST, RECHARGE, & RENEW!"**



This affirmation emphasizes the vital value of prioritizing yourself, even in the midst of a demanding schedule. For busy women, it's easy to place everything—work, family, & commitments—above your own needs. However, neglecting self-care can lead to burnout & diminish your ability to thrive in all areas of life.

When you believe your well-being is worth the effort, you're more inclined to set boundaries, prioritize rest, & create moments for renewal. This mindset fuels your ability to stay energized, focused, & resilient in the face of life's demands as a booked & busy woman.

"I prioritize my well-being & create space to rest, recharge, & renew." is more than a gentle reminder—it's a declaration of self-respect & a cornerstone of self-care. By embracing this affirmation, you affirm that taking care of yourself is not selfish, but essential. It encourages you to pause, prioritize your mental, emotional, & physical health, & recognize that your well-being is the foundation for showing up fully in life. This simple yet powerful statement helps you stay aligned with your needs, even amidst a busy & demanding schedule, ensuring that you give yourself the care & attention you truly deserve. Reciting this daily:



- Recognizes Your Worth
- Reframes Self-Care As Essential
- Encourages Action



- 1 Schedule 15-30 minutes daily in your Intentional Planner this week for a "me time" activity & treat it as non-negotiable.
- 2 Pick a self-care activity that nurtures your well-being.
- 3 At the end of your session, reflect on how you feel & log it in your Intentional Journal or Planner.

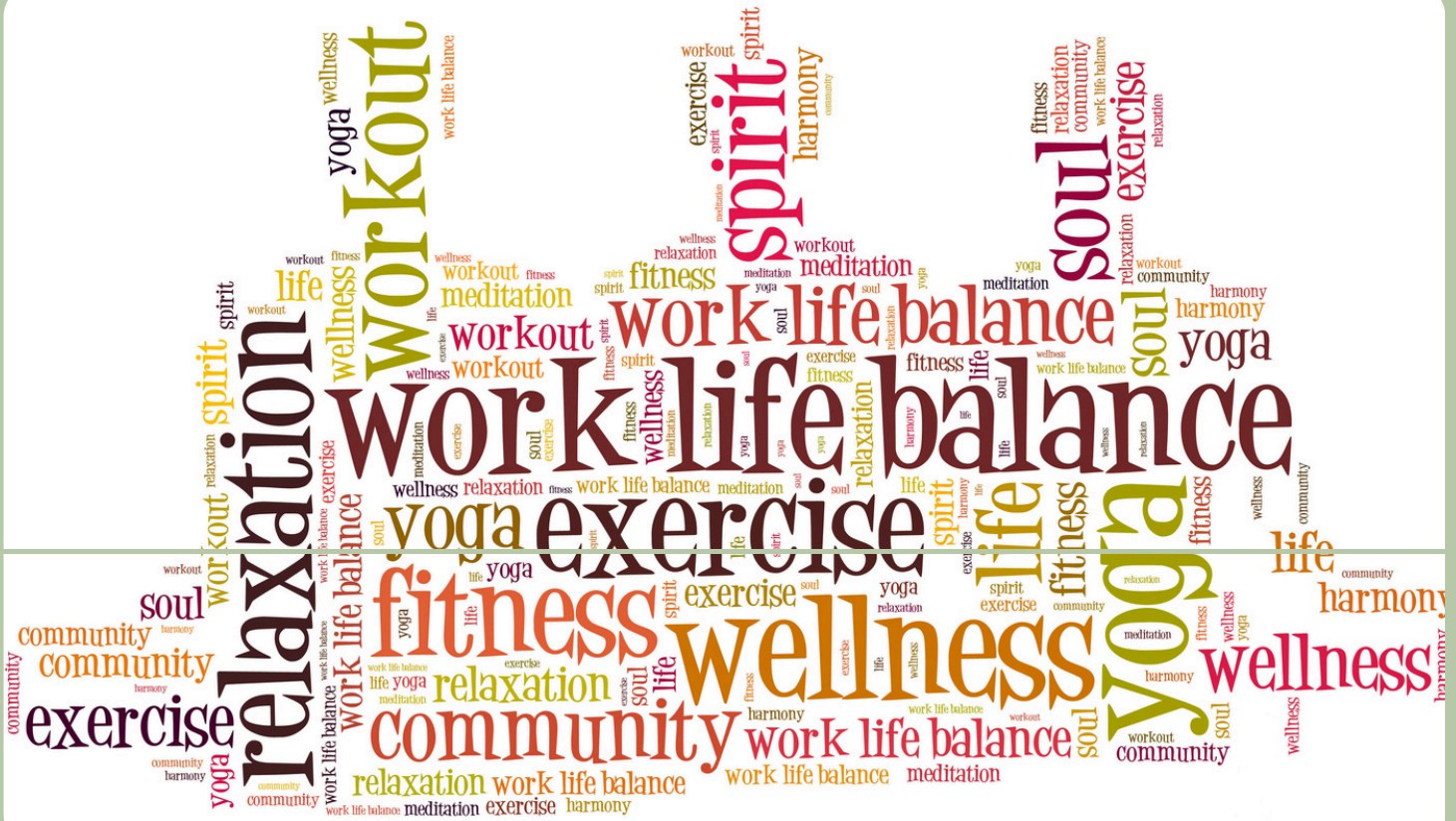
"EVERY MOMENT THAT YOU INVEST IN YOURSELF STRENGTHENS YOUR FOUNDATION FOR SUCCESS."



# Affirmation #3: Restore



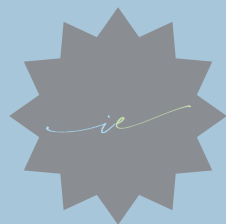
**"I AM CAPABLE OF FINDING  
BALANCE IN MY BUSY LIFE!"**



As a busy woman, finding balance isn't about doing it all—it's about honoring your needs while navigating life's demands. Restoration is the key to maintaining your well-being, allowing you to refill your cup so you can show up fully in every aspect of your life.

By embracing this affirmation, you acknowledge that self-care isn't optional—it's essential. Taking time to pause, breathe, and reset allows you to release stress, regain clarity, and reconnect with yourself. You deserve moments of rest and renewal, and by prioritizing them, you cultivate the strength, peace, and resilience needed to move through life with intention.

**1** At the start of the day, write down your top 3 priorities in your Intentional Journal or Planner, including one “me time” activity.



## INTENTIONAL ME TIME

**2** Schedule a 10-15 minute pause in your day where you step away from responsibilities to recharge in your Intentional Planner.

**3** At the end of the day, reflect on what felt balanced & what didn't in your Intentional Journal. Write down a small action for the next day to build on your progress.



“I am capable of finding balance in my busy life” is more than a reassuring statement—it’s a powerful affirmation of your ability to create harmony amidst the madness. By embracing this belief, you remind yourself that balance is not about perfection but about restoration & making intentional choices that align with your priorities & well-being.

It’s a way to honor your needs while managing the demands of a busy life, ensuring you don’t lose yourself in the process. Reminding yourself of this daily:



- Empowers Confidence
- Encourages Intentionality
- Supports Self-Care

**“EVEN SMALL STEPS TOWARD BALANCE CREATE A LIFE OF GREATER HARMONY.”**

# Affirmation #4: Empower



**"I HONOR MY NEEDS, SET BOUNDARIES,  
& EMBRACE MY POWER!"**

Empowerment begins with recognizing that your well-being matters. As a busy woman, it's easy to put others first, but true strength comes from setting boundaries, prioritizing self-care, & standing firm in what you need to thrive. Giving yourself permission to rest, recharge, & restore isn't a sign of weakness—it's a powerful act of self-love.

By embracing this affirmation, you affirm your right to protect your energy, make choices that align with your well-being, & show up for yourself just as much as you do for others. When you take care of yourself, you step into your full power—strong, confident, & ready to create a life that serves you.

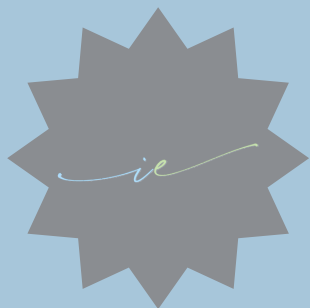






"I honor my needs, set boundaries, & embrace my power" is more than just an affirmation—it's a commitment to putting yourself first without guilt. True empowerment comes from recognizing that self-care isn't selfish; it's essential. By embracing this mindset, you give yourself permission to set boundaries, recharge when needed, & prioritize what fuels your well-being.

When you choose to honor your needs, you cultivate the strength, confidence, & clarity to navigate life on your own terms. Empowering yourself in this way allows you to:



## INTENTIONAL ME TIME

**1** Grab your Intentional Journal & take 5-10 minutes to journal

about your current energy levels, emotions, & any areas where you feel depleted.

Acknowledge your needs without judgment & set an intention for how you want to feel.

**2** Review your schedule & identify 1 area where you can set a boundary. Write it down & commit to honoring it.

**3** Create a moment of restoration that fuels your well-being. Breathe, reset, & embrace the power of putting yourself first.



- Protect Your Energy
- Prevent Burnout
- Gain Mental Clarity
- Strengthen Self-Worth

**"TAKING CARE OF MYSELF DOESN'T MEAN 'ME FIRST.' IT MEANS 'ME, TOO.'"**

# Your Intentional Path Starts Here!



You've taken the first step by embracing these affirmations, but your self-care journey doesn't end here—it's just beginning. Living intentionally means creating space for what truly matters, & the right tools can make all the difference. With Intentionally Evolve Journals & Planners, you can turn these affirmations into daily habits, organize your thoughts, set meaningful goals, & stay aligned with your well-being.

Start your journey down your Intentional Path today! You can't be Superwoman all of the time. Use our tools to inspire balance, purpose, & self-care in your busy life. You deserve it!

# Connect With Me on Social



## LIVE JOURNALING SESSIONS

Get ready to take your self-care journey to the next level with our Live Journaling Sessions! These interactive sessions will guide you in using journaling as a powerful tool for reflection, self-discovery, & intentional living. Intentional women love to elevate themselves, & this is the perfect way to connect with like-minded women who deserve to put themselves first & create harmony in their lives.

KEEP THE SELF-CARE VIBES GOING - CLICK HERE TO

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# ELEVATE YOUR SELF-CARE



Love these affirmations? Take your self-care to the next level with an Intentional Journal—your daily companion for mindfulness, gratitude, & growth! [Click to claim yours!](https://www.intentionallyevolve.com)



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