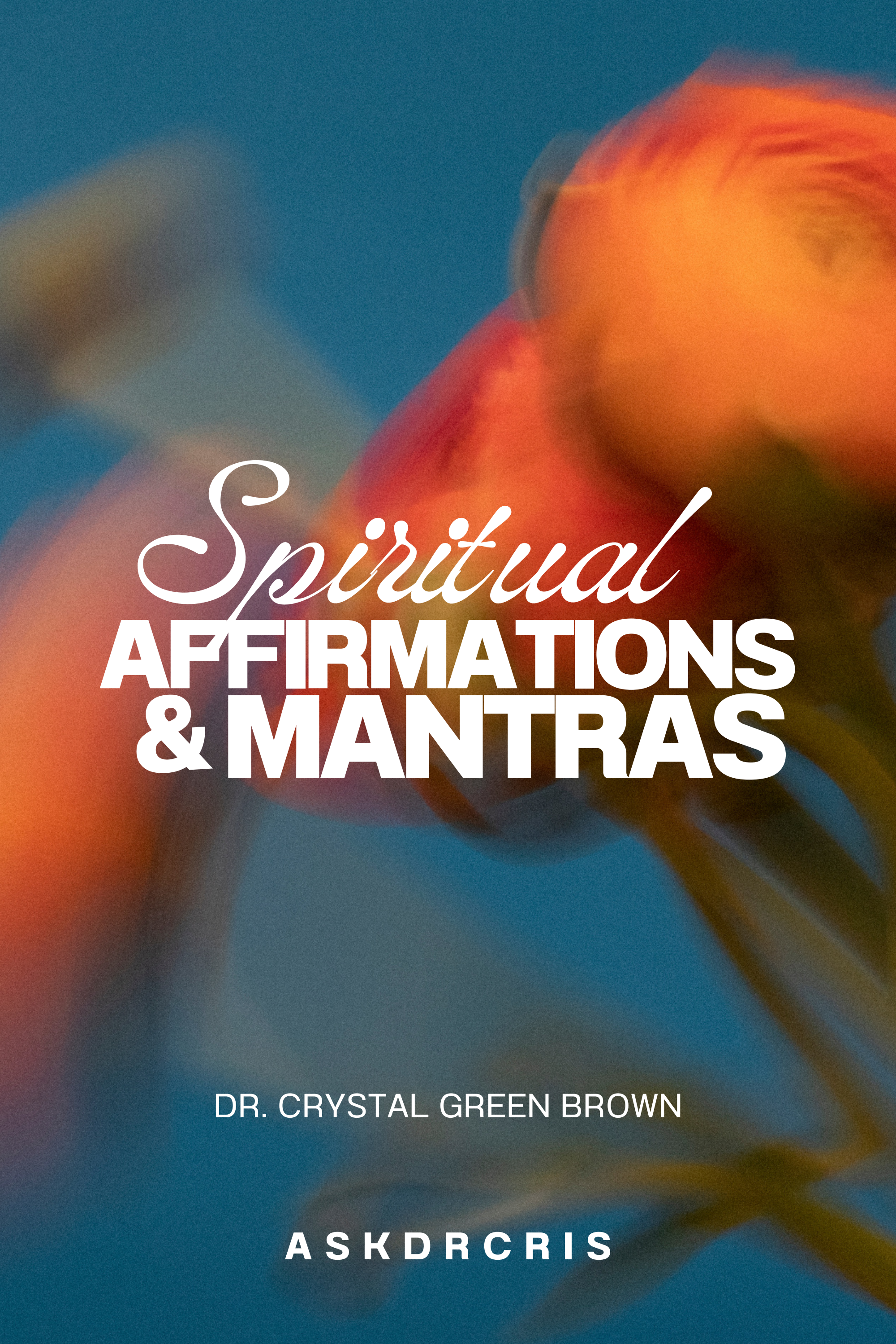




Spiritual **AFFIRMATIONS & MANTRAS**

DR. CRYSTAL GREEN BROWN

ASKDRCRIS



How to Use These Affirmations & Mantras

Hello, My Wonderful Spiritual Vision Boards,

This workbook is designed to help you learn how to customize affirmations and mantras to your specific need.

There are 5 areas of focus that you can select from that include:

- Career,
- Health/Healing,
- Prosperity & Abundance,
- Romance, and a bonus section on
- Encouragement

Scriptures are noted at the beginning of each area of focus. I've taken the liberty to share the specific scripture in addition to noting how you can customize some of these scriptures into an affirmation or mantra. Please note "**M**" is for the mantra, and "**A**" is for affirmation. There are 75 affirmations and mantras to help you. Please know that various versions of the bible were used to complete this guide.

Additionally, you will find non-scripture affirmations and mantras to select from.

Wishing you blessings & favor!



Career & Business

1. "Whatever your hand finds to do, do it with all your might" Ecclesiastes 9:10
M – Whatever You, Lord, guide my hands to do, allow me to be blessed.

2. May the favor of the Lord our God rest on us; establish the work of our hands
Psalm 90:17
A – I have the favor of the Lord at work and in my career.

3. "For I know the plans I have for you," declares the LORD, "plans to prosper you and not to harm you, plans to give you hope and a future." Jeremiah 29:11

4. "Those who work their land will have abundant food..." Proverbs 12:11

5. "Diligent hands will rule..." Proverbs 12:24

6. "All hard work brings a profit" Proverbs 14:23

7. "The hardworking farmer should be the first to receive a share of the crops."
2 Timothy 2:6

8. "Commit your works to the Lord and your plans will be established." Proverbs 16:3

9. "Each of you should use whatever gift you have received to serve others..." 1 Peter 4:10

10. "There are different kinds of working, but in all of them and in everyone it is the same God at work." 1 Corinthians 12:6

11. "The Lord will make you the head and not the tail, on the top and not on the bottom."
Deuteronomy 28:13
A– I am the head and not the tail, I am on the top and not on the bottom.

M= Mantra

A= Affirmation



Career & Business

Non-scripture Career Affirmations & Mantras

12. I am working in a career that uses my spiritual gifts, and I am highly compensated.

13. I am fulfilled, appreciated, and highly compensated for using my spiritual gifts in my dream job.

14. I am thankful for attracting new clients to my successful business.

15. I am aligned with the career that God hand-picked for me.

16. I have so many clients that I have a waitlist.

17. God has opened the doors that He desires me to walk through.

18. I am worthy of this dream job that God has prepared for me.

19. By using my spiritual gifts I receive frequent job offers and rewarding career opportunities.



Health & Healing

20. "LORD my God, I called to you for help, and you healed me." Psalm 30:2
M- You healed me, Lord!

21. "Heal me, O LORD, and I shall be healed; save me, and I shall be saved, for you are my praise." Jeremiah 17:14
A- Heal me, for I am healed and I give you praise.

22. "But I will restore you to health and heal your wounds," declares the LORD..." Jeremiah 30:17

23. "A cheerful heart is good medicine..." Proverbs 17:22

24. "He gives power to the weak, and to those who have no might, He increases strength...Those who wait on the LORD shall renew their strength; they shall mount up with wings like eagles, they shall run and not be weary, they shall walk and not faint." Isaiah 40:29,31

A - I have power and increased strength. Thank you Father for renewing my strength.

A -I can mount up with wings like an eagle, run and not be weary.

25. "...You restored me to health and let me live." Isaiah 38:16a

26. ..and with his stripes, we are healed." Isaiah 53:5b

A - By Your stripes, I am healed.

27. "He heals the brokenhearted and binds up their wounds." Psalm 147:3



Health & Healing

28. "He sent His word and healed them & delivered them from their destructions." Psalm 107:20

29. "Beloved, I pray that in every way you may succeed and prosper and be in good health, just as your soul prospers." 3 John 1:2

30. "Worship the LORD your God, and his blessing will be on your food and water. I will take away sickness from among you..." Exodus 23:25

31. "I can do all this through Christ which strengtheneth me." Philippians 4:13
A- I can do all things through Christ who gives me strength.

32. And whatsoever thou shalt bind on earth shall be bound in heaven" Matthes 16:19b

A- I have bound (fill in illness) and now I am healthy and whole.

Non-scripture Health & Healings Affirmations & Mantras

33. I am healthy, wealthy, blessed, and highly favored.

34. I am healed, whole, and happy.

34. Thank you, God, for releasing all ailments from my mind and body.

35. I have a healthy body, mind, and spirit, filled with life, light, and love.



Prosperity & Abundance

37. "But remember the LORD your God, for it is he who gives you the ability to produce wealth." Deuteronomy 8:18

M – Thank you Father for giving me the ability to produce wealth.

38. "Walk in obedience to him, and keep his decrees and commands, his laws and regulations, as written in the Law of Moses. Do this so that you may prosper in all you do and wherever you go." 1 Kings 2:3

A – I have prospered in every way because of my obedience to you, Lord.

39. "Sow your seed in the morning and do not be idle in the evening, for you do not know whether morning or evening planting will succeed." Ecclesiastes 11:6

40. "Blessed is the one who... delight in the law of the LORD, and who meditates on his law day and night. That person is like a tree planted by streams of water, which yields its fruit in season ... whatever they do prospers." Psalm 1:1-3

A – Blessed am I who delight in the Lord and meditate on His law. I am firmly planted and yield fruit in season.

M–Whatever I touch prospers.

41. "I am the Lord your God, who teaches you to profit. Who leads you in the way you should go." Isaiah 48:17b

42. "Oh that you would bless me and enlarge my territory!" 1 Chronicles 4: 10b

M– Enlarge my territory, Lord!



Prosperity & Abundance

Non-scripture Prosperity & Abundance Affirmations & Mantras

- 43. Everything that I touch prospers.
- 44. I am open and ready to receive the abundance that God has for me.
- 45. I am a money magnet.
- 46. Money comes to me in expected and unexpected ways.
- 47. I am worthy of prosperity and abundance.
- 48. Money is an unlimited resource, and it is always flowing my way.
- 49. Every day and in every way, I am becoming more and more prosperous.
- 50. Money-making opportunities come my way all the time.
- 51. Money is a positive energy that is flowing to me constantly, and I'm thankful for it.
- 52. I am fulfilled, appreciated, and highly compensated.



Romance

53. "It is not good for the man to be alone; I will make a helper who is just right for him." Genesis 2: 18b

M – Thank you God for my husband, for we are just right for each other.

54. "A man...is joined to his wife, and the two are united..." Genesis 2:24b

55. "Husbands, love your wives...Ephesians 5:25

56. "With all humility and gentleness, with patience, bearing with one another in love..." Ephesians 4:2

57. "There is no fear in love, but perfect love drives out fear." 1 John 4:18

58. "You are altogether beautiful, my darling; there is no flaw in you!" Song of Solomon 4:7

A – I am beautiful in every way in my husband's eyes, and heart.

59. "Love is patient, love is kind ... It always protects, always trusts, always hopes, always preserves. Love never fails." 1 Corinthians 13: 4-8



Romance

Non-scripture Romance Affirmations & Mantras

60. I am grateful for having love in my life.

61. I am open and ready to receive the husband that God has handpicked for me.

62. I am blessed with a wonderful family.

63. My husband and I are equally yoked.

64. My husband loves me and tells me often.

65. God blessed me with the love of my life.

66. I am worthy of a fulfilling, loving relationship.

67. My heart and spirit are ready to receive love.

68. My husband found me because we're on the same frequency.

69. I am worthy of a great life, full of happiness, love, and respect.



NEW MINDSET
NEW RESULTS

Bonus: Encouragement

Scripture & Non-scripture Affirmations & Mantras

70. "Be strong and very courageous." Joshua 1: 7

A- I am strong and very courageous.

71. "All things work together for good, for those who love the Lord." Romans 8:28

M- All things are working for my good.

72. "So do not fear, for I am with you; do not be dismayed. For I am your God." Isaiah 41:10

73. I am Brave, Bold, and Beautiful.

74. I am living my best life.

75. I am surrounded by love, peace, happiness, and joy.



Thank You!

I hope this workbook of spiritual affirmations and mantras is helpful to you in the development of your Spiritual Vision Board!

Dr. Crystal Green Brown

ASKDRCRIS SPIRITUAL CONSULTING FIRM

WWW.ASKDRCRIS.COM

ASKDOCTORCRIS@GMAIL.COM

AskDrCris