THE INNER CIRCLE AFFIRMATIONS

To Decode + Recode Your Subconscious Mind:

Raising Your Frequency & Becoming the Woman Who Naturally Attracts Her Highest Life

August 2026 – Elevate Your Frequency

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Print this out. Read these affirmations out loud daily, either in the morning or at night, until August 31.

INTRODUCTION

This month is about healing the deeper patterns beneath heartbreak, fear, scarcity, self-doubt, resentment, emotional wounds, limiting beliefs, and every subconscious story that keeps you attracting experiences that no longer reflect the woman you are becoming. Because often, life is not responding to what you say you want. It is responding to who you believe you are.

It is the subconscious story that whispers... *What if it never works out? What if I get hurt again? What if success, love, abundance, or happiness aren't meant for me?*

Those stories quietly become your identity. Your identity shapes your energy. Your energy becomes your frequency. And your frequency influences what you consistently allow, create, attract, and experience.

This month, we begin recoding that.

We will move through three phases together. First, **Death**—releasing old identities, limiting beliefs, emotional wounds, resentment, fear, scarcity, and every pattern that has kept your frequency anchored in survival. Then **Rebirth**—strengthening your self-worth, raising your emotional state, trusting yourself again, opening your heart, and learning to embody the frequency of peace, joy, confidence, gratitude, and abundance. And finally **Ascension**—becoming the woman whose frequency naturally attracts extraordinary relationships, meaningful opportunities, financial abundance, vibrant health, purpose, and a life that reflects the highest version of herself.

As you speak these affirmations, you are decoding old emotional patterns, limiting beliefs, and subconscious programming while recoding your nervous system, subconscious mind, and identity with love, confidence, abundance, gratitude, and inner peace.

SECTION ONE

Death (Releasing the Frequency of Survival)

As we begin, remember three simple truths:

1. Your frequency is created from the inside out.

Your frequency is not determined by your circumstances—it is shaped by your subconscious beliefs, emotional patterns, nervous system, and the identity you embody each day. Long before your outer world changes, your inner world begins shifting first. If you have spent years living in fear, people-pleasing, self-doubt, scarcity, or emotional pain, those patterns become familiar to your nervous system. They become the lens through which you experience life. Healing begins when you become aware of the frequency you've been living from—and decide you are no longer available for it.

2. Survival and creation cannot exist at the same time.

When your nervous system believes it is unsafe, it naturally focuses on protecting you. It scans for danger, rejection, disappointment, and loss. While this response once served a purpose, remaining in survival prevents you from fully experiencing peace, joy, abundance, love, and possibility. As your nervous system begins to feel safe again, your mind becomes more creative, your heart opens, and your life begins reflecting the peace you have created within yourself.

3. Healing your frequency begins with healing your identity.

Every thought you repeatedly think strengthens a belief. Every belief shapes your identity. Every identity creates a frequency. When you change the woman you believe yourself to be, you naturally begin changing what you attract, what you tolerate, what you create, and what becomes possible. As you speak these affirmations, you are decoding fear, scarcity, emotional survival, and limiting beliefs while recoding your subconscious, nervous system, and identity with peace, confidence, abundance, gratitude, and possibility.

AFFIRMATIONS

Death (Releasing the Frequency of Survival)

- **"I release the belief that my past defines my future because every new day gives me the opportunity to begin again. I decode survival and recode possibility. I become a woman who confidently embraces new beginnings."**



- **"I release every belief that tells me I am not enough. I decode limitation and recode worthiness. I fully embrace the truth that I am already whole, valuable, and deeply deserving."**
- **"I let go of fear, control, and the need to have every answer before taking the next step. I decode protection and recode trust. I become a woman who confidently follows her intuition."**
- **"I release scarcity in every area of my life and open my heart to infinite possibility. I decode lack and recode abundance. I naturally expect life to support and provide for me."**
- **"I release every thought, habit, relationship, and pattern that lowers my frequency. I decode misalignment and recode my highest self. Every day, I become more aligned with the life I am meant to live."**

SECTION TWO

Rebirth (Elevating Your Frequency)

As we begin, remember three simple truths:

1. Your frequency rises every time you choose a higher identity.

You do not raise your frequency by forcing yourself to "think positive". You raise your frequency by consistently becoming the woman who thinks differently, feels differently, speaks differently, and responds differently. Every loving choice you make strengthens the identity you are creating.

2. Gratitude changes more than your perspective.

Gratitude teaches your brain to recognize possibility instead of limitation. It shifts your attention from what is missing to what is already growing. As your focus changes, your emotional state changes, and your frequency begins reflecting abundance rather than scarcity.

3. Peace is one of the highest frequencies you can embody.

Many people spend years chasing happiness while overlooking peace. Yet peace creates clarity. Peace strengthens intuition. Peace allows your nervous system to rest. From that place, joy, creativity, love, and abundance naturally flourish. As you speak these affirmations, you are recoding your subconscious, nervous system, and identity with gratitude, joy, confidence, trust, and inner peace.



AFFIRMATIONS

REBIRTH — Elevating Your Frequency

- **"I choose peace over perfection and trust that I do not need to have everything figured out to move forward. I decode pressure and recode presence. I become a woman who moves through life with calm confidence."**
- **"I welcome gratitude into every area of my life, knowing that what I appreciate naturally expands. I decode lack and recode abundance. I become a woman who sees possibility wherever she goes."**
- **"I trust myself to make aligned decisions, even when the path ahead is uncertain. I decode self-doubt and recode confidence. I become a woman who follows her intuition with courage."**
- **"I open my heart to receive love, abundance, opportunities, and support without fear or hesitation. I decode resistance and recode receiving. I become a woman who allows life to flow effortlessly to her."**
- **"Every day I elevate my thoughts, my energy, and my choices to reflect the woman I am becoming. I decode limitation and recode expansion. I become a woman whose frequency naturally attracts her highest life."**

SECTION THREE

Ascension (Becoming the Woman Who Attracts Her Highest Life)

As we begin, remember three simple truths:

1. Your life reflects the frequency you consistently embody.

As you heal, your standards rise. As your standards rise, your decisions change. As your decisions change, your life changes. Lasting transformation is not created by one breakthrough moment but by the woman you consistently choose to become.



2. Alignment creates effortless attraction.

You no longer need to chase every opportunity, relationship, or outcome. As you become more aligned with your values, purpose, and identity, you naturally recognize—and receive—what belongs in your life. Your energy becomes an invitation for what is truly aligned.

3. The woman you are becoming already exists within you.

She is not waiting to be created. She is waiting to be remembered. Every time you choose love over fear, trust over doubt, gratitude over lack, and authenticity over performance, you become more of who you have always been. As you speak these affirmations, you are decoding limitation and recoding your subconscious, nervous system, and identity with abundance, peace, purpose, confidence, and alignment.

AFFIRMATIONS

Ascension (Becoming the Woman Who Attracts Her Highest Life)

- **"I embody the frequency of love, peace, joy, and purpose in everything I do. I decode fear and recode unconditional love. I become a woman whose presence inspires and uplifts everyone around me."**
- **"I trust that what is meant for me is already making its way to me. I decode control and recode surrender. I become a woman who moves through life with unwavering faith, confidence, and peace."**
- **"I welcome relationships, opportunities, and experiences that reflect the woman I have become. I decode chasing and recode alignment. I become a woman who naturally attracts everything meant for her highest good."**
- **"I choose to live each day from gratitude, authenticity, and abundance rather than fear or limitation. I decode scarcity and recode overflow. I become a woman who expects miracles and recognizes them all around her."**
- **"Every thought I think, every choice I make, and every action I take elevates my frequency and shapes the life I am creating. I decode separation and recode wholeness. I become the highest version of myself and naturally attract the extraordinary life I was created to live."**

And so, it is. 🖤