

A glowing lightbulb is the central focus, set against a vibrant pink background. The lightbulb is illuminated from within, creating a warm, golden glow. The background is a solid, bright pink color. At the top center, there is a small orange rectangular block. The text 'Stephanie PUENTE' is written in a white, elegant script font, with 'PUENTE' in a smaller, all-caps sans-serif font below it. Below the name, the text 'Speaker | Life Transformation Expert | Entrepreneur' is written in a smaller, all-caps sans-serif font. The main title 'TRANSFORM YOUR LIFE WITH EMPOWERED STATEMENTS' is written in large, bold, white, all-caps sans-serif font, centered over the lightbulb. At the bottom, the website 'WWW.STEPHANIEPUENTE.COM' is written in a smaller, all-caps sans-serif font. On the far right edge, there is a small vertical text credit: 'Photo: Nathan Dumlio, Unsplash'.

Stephanie
PUENTE

Speaker | Life Transformation Expert | Entrepreneur

**TRANSFORM YOUR
LIFE
WITH EMPOWERED
STATEMENTS**

WWW.STEPHANIEPUENTE.COM

About the Author



WELCOME

Stephanie Puente is the President of CoreFactor Transformative Coaching and is a Certified Life Coach and Transformation Expert. She's passionate about helping individuals and professionals hone in on their authentic life path and empowering them to create and live a life they love living. In between teaching and coaching, Stephanie is also a sought-after speaker and offers engaging and interactive workshops around the U.S. to organizations both large and small.

In addition to more than 20 years of study in personal development, her professional career includes two decades in marketing and communications, business administration, and event planning for the Four Seasons Hotel in New York City; Christie's Great Estates, the real estate division of Christie's Auction House in Santa Fe, NM; an international law firm in Washington, D.C.; and an award-winning children's music school in Austin, TX. She earned her bachelor's degree in Liberal Arts from the University of Texas in Austin and continues to invest in advanced training and education through the Brave Thinking Institute. She has been happily married for more than 20 years to her husband and has two daughters.

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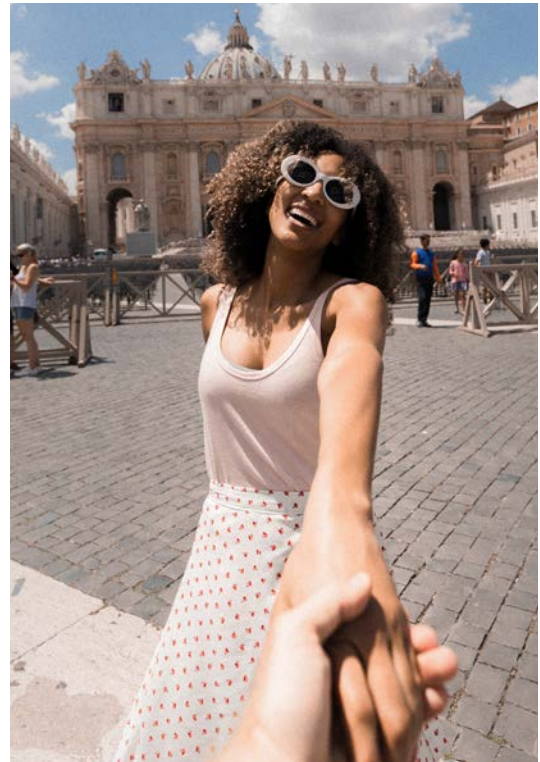


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“WE DO NOT NEED MAGIC TO TRANSFORM OUR WORLD. WE CARRY ALL OF THE POWER WE NEED INSIDE OURSELVES ALREADY.”

- J.K. ROWLING

TABLE OF CONTENTS

- Introduction
- Affirmation 1 Well-being
- Affirmation 2 Abundance
- Affirmation 3 Entitlement
- Affirmation 4 Worthiness
- Affirmation 5 Blank Slate
- Conclusion, What's Next

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MAKE YOUR LIFE A MASTERPIECE;
IMAGINE NO LIMITATIONS ON
WHAT YOU CAN BE, HAVE AND DO.

- BRIAN TRACY



Photo: Stephen Leonard, Unsplash

INTRODUCTION

There isn't a person on the planet who wishes they were less empowered. If you are feeling a desire to be more powerful in your life, there is a reason for that. The natural order of the universe is to grow and become more. That means it is your true nature to be empowered to grow and become more, and it's the only way to ever be fulfilled. When you are empowered, you have the ability to increase the amount of success, love, joy and well-being in your life, and truly live a life that lights you up inside.

The purpose of this eBook is to help you create your most empowered and fulfilled life through deep transformation - in the most simple way possible. You will learn exactly how to use empowered statements to **affirm the empowered qualities within you** to make you a powerhouse in a way that you may have never been before.

The goal is to train your subconscious mind in the most effective way to achieve the results that you want. **Your subconscious mind is completely impressionable and has no discernment.** Whatever input you give it, it will not question. What you see with your eyes, your thoughts, your dreams or your imagination are all equal to the subconscious mind. This is actually good news!

It means that if you **start feeding it with what you want your truth to be, your mind will begin to believe it.** You will find yourself living from that belief, and your outside world will shift into harmony with this new version of you. By following the guidance in this book, every day, you will reveal a new, empowered version of yourself, and your world will actually reflect it back to you.

Use the empowered statements you learn in this eBook and repeat them over and over again until they become natural thoughts to you. Your energy will change, and you will begin to create results on a whole new level. Enjoy this process! These statements have been life-changing for me and I wish the same joy and success for you.



I've made more information and resources available to you on my website. I hope you enjoy some of these topics:

- Igniting Your Desire
- Four Steps to Activating Your Abundance
- Accessing Your Genius
- The Power Within You

AFFIRMATION

01 WELL-BEING



Photo: Gabriel Garcia Marquez, Unsplash

This chapter is about well-being, and the hallmark of well-being is feeling good. Sometimes we think of health or wellness as these perpetually unattainable things to strive toward, and it can feel overwhelming. But if we think of well-being simply as feeling good within ourselves, we can focus there and it becomes a lot easier to manage.

The affirmation you're about to learn is powerful because it takes the overwhelm out of the equation and **keeps you moving forward, effortlessly, into greater wellness.**

It was created by a French psychologist, Émile Coué, who taught it to his patients to improve their health. In his practice, there was a huge discrepancy between the patients who followed his advice and used the statement daily, versus those who only took medicine. The patients who used the statement, along with any other treatment that had been prescribed, had far better results than those who took medication alone. It was even reported that a patient completely healed her prolapsed uterus!

The empowered statement for greater well-being is:

EVERY DAY IN EVERY WAY I'M GETTING BETTER AND BETTER.

Imagine what happens to your mental, physical and emotional well-being when this becomes the most common belief in your subconscious mind. Use this statement **constantly throughout the day** to replace any negative thoughts about your health or wellness that pop into your head.



Journal your statement here. Keep a record of what shifts take place within you and new results that occur by means of this practice:



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**“THE SECRET OF
CHANGE IS TO FOCUS
ALL OF YOUR ENERGY
NOT ON FIGHTING THE
OLD, BUT ON BUILDING
THE NEW.”**

~ Socrates

AFFIRMATION

02 ABUNDANCE



Photo: Tim Pabesov / Unsplash

This chapter is about abundance, and when we think of abundance, we have to think of it as our state of being. But the vast majority of people aren't doing that. We all have a set level of abundance that we think we can have and we can't seem to get beyond it. Notice if any of the following questions resonate with you:

- Do you always seem to have the same amount of money in your bank account, or the same cash flow in your business no matter what you do?
- Do you have an influx of money, only to have emergency expenses come up and leave you in the same situation that you were before?
- Does it seem like you just can't break through the invisible glass ceiling and create massive abundance in your life?

If you answered yes to any of those, it means that your thinking is restricting how much you let in. The way we think about abundance is always going to be in harmony with the amount that we have. So when your thinking about money and abundance changes, so does your capacity to have it.

Instead of thinking about money in increments, I prefer to get straight to the core of the matter and **claim abundance as a constant state of being, with no limitation.**

The empowered statement for greater abundance is:

**I AM ABUNDANCE AND
ABUNDANCE IS WELCOME HERE.**

Can you feel the shift in your energy when you say those words? Abundance stops being something outside of you and out of reach, and becomes part of the fabric of your being. You stop rejecting money and other forms of abundance, and instead resonate with it as **WHO YOU ARE.**



Journal your statement here. Keep a record of what shifts take place within you and new results that occur by means of this practice:



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**ABUNDANCE IS
NOT SOMETHING
WE ACQUIRE. IT'S
SOMETHING WE
TUNE INTO.**

~ Wayne Dyer

AFFIRMATION

03 ENTITLEMENT



Photo: Kelly S. Kenna / iStockphoto

This chapter is about entitlement, which is all about **owning your value**. The word 'entitlement' has gotten a really negative connotation. We think of it as greedy and selfish. You may have even cringed or had a reaction when you saw that I had named this chapter based on it!

Notice that. Because if you are thinking thoughts that are keeping you from entitlement - owning your value - you could be shooting yourself in the foot. **You absolutely must believe that you are entitled to infinite**

abundance, love, goodness and health. Because if you don't, you are subconsciously putting walls up to limit what you are worthy of receiving.

Furthermore, notice that it's not selfish or greedy to hold that belief, because it's not a competition. Resources are unlimited, so you're not taking it from anyone else. All beings have access to the same infinite potential that you do, but if their thinking doesn't align with having it, they never will.

The empowered statement for greater entitlement is:

I AM WORTHY OF ALL OF THE BLESSINGS THAT LIFE BRINGS ME EVERY DAY.

I love this statement, because in one sentence it affirms your worthiness, and it affirms that life is indeed bringing you blessings everyday. Use the above empowered statement anytime you feel self-doubt or guilt when it comes to having what you truly want in life.



Journal your statement here. Keep a record of what shifts take place within you and new results that occur by means of this practice:



**DECIDE WHAT YOU
WANT. BELIEVE
YOU CAN HAVE
IT. BELIEVE YOU
DESERVE IT AND
BELIEVE IT'S
POSSIBLE FOR YOU.**

~ Jack Canfield

AFFIRMATION

04 WORTHINESS



Photo: Scott Webb, Unsplash

This chapter is about worthiness. Or more specifically, letting good into your life. This is an incredibly important chapter because most of us cut off our power to have everything we want right before we're going to get it. We work hard, we acknowledge our desires, and we really, genuinely want to have our dreams come true.

But when it gets too real, when the new life actually starts to show up, we freak out! We shut down, self-sabotage or run away because our brain registers the newness and change as dangerous.

One of my mentors, Mary Morrissey taught me this wonderful statement to interrupt the self-sabotage that occurs right as we're about to welcome goodness into our lives. When life starts getting 'too good' and she starts having self-sabotaging thoughts to go back to her status quo, Mary will say to herself, "This much good is ok for you, Mary."

The empowered statement for greater worthiness is:

THIS MUCH GOOD IS OK FOR YOU, [SAY YOUR NAME].

Imagine that you would like to meet the love of your life. You're on a date and the guy is absolutely wonderful. But you start to look for flaws, because you're just not used to being treated that well. At that moment, you can **interrupt the pattern and affirm that you are open and receptive to allowing that much good into your life.**



Journal your statement here. Keep a record of what shifts take place within you and new results that occur by means of this practice:



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**“LIVE AS THOUGH
LIFE WAS CREATED
FOR YOU.”**

~ Maya Angelou

AFFIRMATION

05 BLANK SLATE



Photo: Lea Scott, Unsplash

Now that you've learned some of the most incredible, foundational statements to become a bigger, bolder, more confident version of yourself, it's time to get creative.

No matter what dream or goal you have for yourself I'm going to teach you an affirmation that you can apply to anything. You can use this for weight loss, business growth, finding love, or anything else that is important to you today.

This was taught to me by Bob Proctor, a man who only had an 8th grade education and started his career as a janitor. But he began to study thinkers that came before him, and he learned about the power of the subconscious mind in transforming our results. Now he has a multi-million dollar international business. If he can transform his results using this tool, **so can you.**

Simply state the following:

I AM SO HAPPY AND GRATEFUL NOW THAT...

Then add your own desire to the end. For example:

I AM SO HAPPY AND GRATEFUL NOW THAT I'M ON VACATION WITH MY FAMILY IN ITALY AND WE'RE HAVING THE TIME OF OUR LIVES!


I AM SO HAPPY AND GRATEFUL NOW THAT I SOLD 3 HOUSES THIS MONTH AND NEXT MONTH IS ON TRACK TO BE EVEN BETTER!

I AM SO HAPPY AND GRATEFUL NOW THAT I AM 20 POUNDS LIGHTER AND I FEEL ENERGIZED AND MORE VIBRANT THAN EVER BEFORE!

Because you are stating it in the present tense, like it has already happened, you are feeding your subconscious mind the reality of your choosing. **The more you do that, the more you become wholly in harmony with your desires, and your mind will actively seek out possibilities to make them come true.**



Journal your statement here. Keep a record of what shifts take place within you and new results that occur by means of this practice:



**TWENTY YEARS FROM
NOW YOU WILL BE MORE
DISAPPOINTED BY THE
THINGS YOU DIDN'T DO
THAN BY THE ONES YOU
DID. SO THROW OFF
THE BOWLINES. SAIL
AWAY FROM THE SAFE
HARBOR. CATCH THE
TRADE WINDS IN YOUR
SAILS. EXPLORE. DREAM.
DISCOVER.**

~ Mark Twain



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WHAT'S NEXT

I hope you enjoy these empowered statements as much as I do. The bottom line is, we can work hard, desire and dream until the cows come home, but until we affirm our power and truly own it, we are not in resonance with new results.

Empowered statements change you from the inside out, so the universe has a new version of you to fulfill. The version

of you who IS empowered to live his or her dreams, desires and goals and welcomes them when they show up.

If you would like to dive deeper into this work, and discover how to dream up, design and live a life you love living I would love to offer you a gift of a complimentary Discovery Session.

A GIFT FOR YOU

Schedule a **60-minute Complimentary Discovery Session** that will help further clarify your vision and discover next steps to move in the direction of your dream. Click [**HERE**] to schedule this now.

