

# Your Guide to Peace:

**Affirmations for Reducing Stress  
& Cultivating Calm**





**Welcome to your daily dose of positivity and balance with our specially crafted affirmation cards!**

**Each card is designed to help you harness the power of positive thinking and the benefits of adaptogens.**

**Affirmations are powerful tools that can transform your mindset, boost your mood, and energise your spirit.**

**When combined with adaptogens, natural substances that support your body's ability to handle stress, these affirmations become even more potent.**

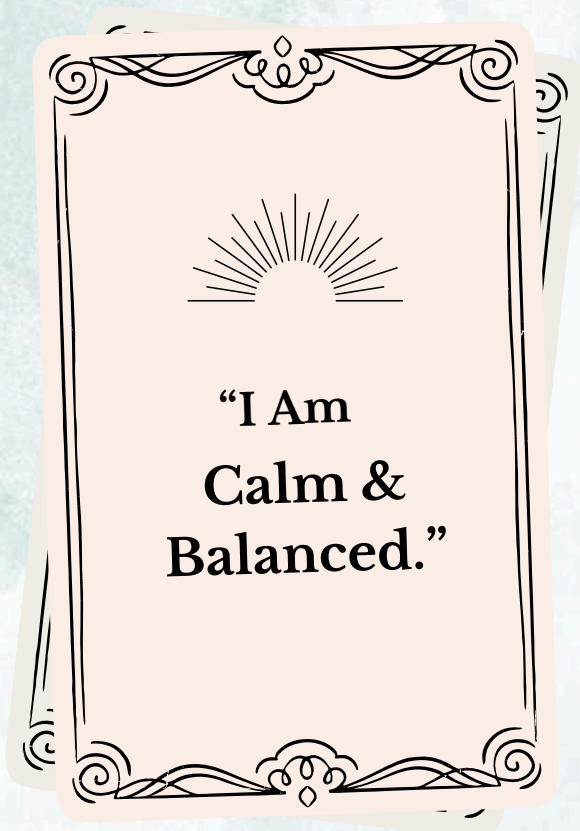
**Use these cards to guide your daily routines, infuse your day with positivity, and promote inner peace and resilience.**





## **Day 1: Energise Your Spirit**

*Use this affirmation to boost your mood and energy throughout the day.*

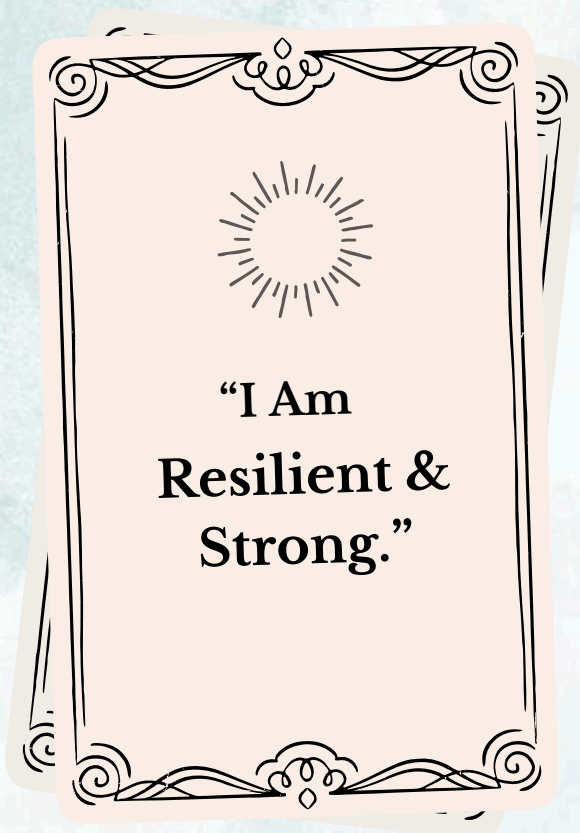


*Repeat this affirmation while enjoying a cup of Ashwagandha Tea in the morning to start your day with a sense of tranquillity*



## Day 2: Unleash Your Inner Power

*Repeat this affirmation to remind yourself of your inner strength.*



*Use this affirmation during your midday break while having a Rhodiola Rosea supplement to boost your energy and resilience.*







## Day 3: Find Your Zen Zone

*Start your day with this affirmation to cultivate a sense of peace.*



**“I Embrace  
Peace  
& Serenity.”**

*Reflect on this affirmation in the evening as you drink a cup of Tulsi (Holy Basil) and Lavender tea to unwind and relax.*



## Day 4: Power Up and Focus

*Use this affirmation to stay energised and focused.*



**“I Am  
Energised &  
Focused.”**

*Say this affirmation before an important task or workout while consuming a Maca Root smoothie for a natural energy boost.*



## Day 5: Root Down and Rise Up

*Ground yourself with this affirmation.*



**“I Am  
Grounded &  
Present.”**

*Ground yourself with this affirmation during a short meditation session, accompanied by Eleuthero (Siberian Ginseng) tea for enhanced mental clarity.*



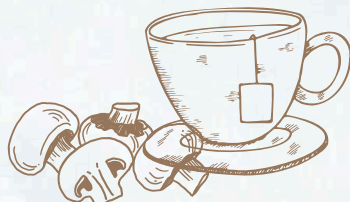
## Day 6: Heal and Thrive

*Encourage healing and growth with this affirmation.*



**“I Am  
Open to  
Healing &  
Growth.”**

*Use this affirmation in your self-care routine,  
perhaps during a bath or yoga session, with Reishi  
Mushroom tea to support your immune system  
and promote healing.*





## Day 7: Dance with Vitality and Joy

*Boost your vitality and joy with this affirmation.*



**“I Am  
Filled with  
Vitality & Joy.”**

*Start your day with this positive affirmation while having a Chia Seed and Berry pudding for a nutrient-rich breakfast that supports overall vitality.*





**Embrace the journey towards a balanced and vibrant life with these affirmation cards.**

**By integrating these powerful statements into your daily routine and pairing them with adaptogens, you are nurturing your mind, body, and spirit.**

**Remember, consistency is key, and each small step brings you closer to a state of harmony and well-being.**

**Keep these cards close, repeat the affirmations regularly, and let the combined power of positive thinking and adaptogens transform your life.**

**You have the strength, resilience, and serenity within you to face any challenge and thrive.**





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