

SHAINA MCGREGOR

40 Reminders for an *Abundant Life*

Gems to help you overcome fear, self-doubt,
and imposter syndrome



HEY HEY



I'm so glad you decided to download this! Here are 40 of my favorite reminders, affirmations, and quotes that I have shared on my Instagram. Say these to yourself in the morning, throughout the day, write them in your journal, and choose what resonates most with you. Take what you need and leave what you don't.

Words matter. The thoughts that we have and what we believe matters, so speak kindly and intentionally to yourself. I hope these reminders bring you joy, peace, and love. My intention is to help you co-create a life of abundance.

You have the power to change your story at any moment. If it's not now, then when?

Shaina McGregor

Creative Entrepreneur | Coach | Dancer



REMINDERS...

1

You attract what you put out.

2

When you don't love who you are, it'll never truly be enough.

3

Self-awareness and self-love are two of the keys to an abundant life.

4 Make your belief stronger than your doubt.

7 Honor, embrace, and share the creative genius that flows within you.

”

Tap into the power and love of your Creator, you weren't meant to do it alone.

6 You have the power to change your story. Now, give yourself the permission to do it.





9 Shift your focus from those who are not supporting you to those in your corner that want to see you win.

10

Follow through because you owe it to yourself.

11

You move differently when you believe in yourself.

12

You are the most important project to invest in.

13

Be the person you wanted to be before someone told you it wasn't possible.

14

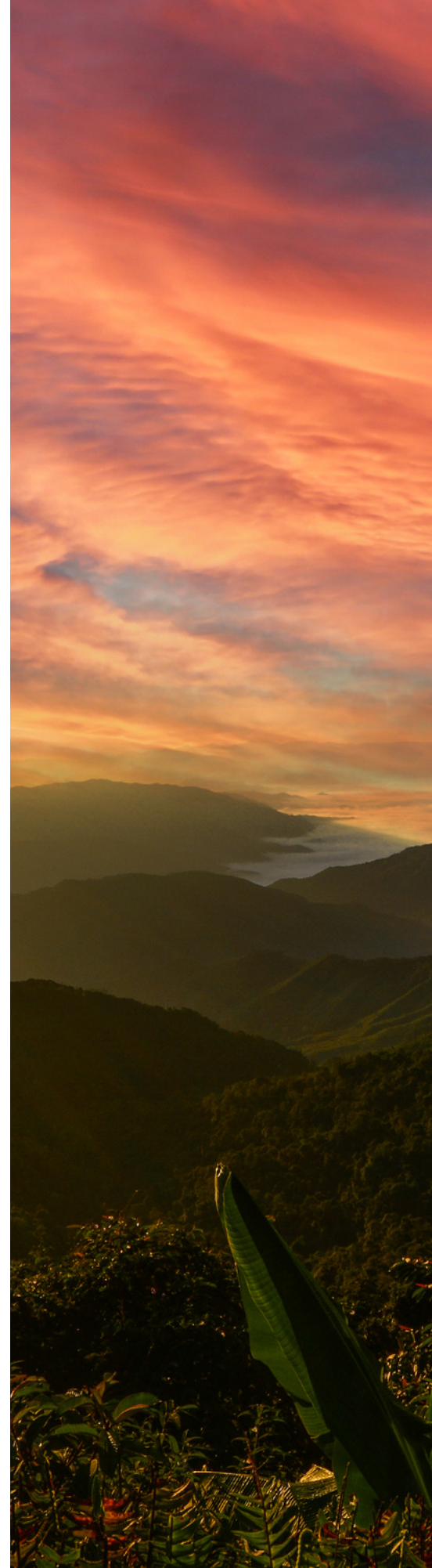
You are worthy of achieving your dreams.

15

Surrender to the blessings that mask themselves as failures.

16

Remove yourself from the boxes that other people have placed you in.



17 You are enough.

20

Showing up as yourself is a beautiful thing.

”

18

Mind your circle. The energy that surrounds you may influence the energy that flows through you.



19 Be rooted in humility and move with love.

21

Release the need to manage other people's emotions.

22

You are already equipped. Your perspective and experiences are valuable. There is someone waiting to be moved by your story and gifts.





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23

The more we tell ourselves the vision is too big, the more our brain finds ways to keep us small.

24 You cannot sacrifice who you are for what others want you to be.

25 If it scares you, grow into the person who's scared and does it anyway.

26 Let go of what you cannot control and focus your energy on what you can.

27

Being scared to fail is one thing, but never allowing yourself the room to succeed is another.

28

What got you here, might not get you there. Be open to change. Be open to learning. Be open to listening.

29

Be consistent and intentional in pursuit of what you desire.



30

Be aware of your thoughts, if they are holding you back then acknowledge them. Release what's not true, so you can move forward toward what is.

3 1 There's beauty in the process. We want to see your progression not your perfection.

3 2 We are either growing or staying stagnant. Remain open and curious to the possibilities around you.

3 3 Busyness doesn't always equal effectiveness, sometimes our greatest growth comes from slowing down.

3 4 Release the need to be perfect. Release the need for validation. Embrace who you are and what your Creator has given you.

35

Allow yourself to grow, expand, and evolve. Love yourself in every season of change.

36

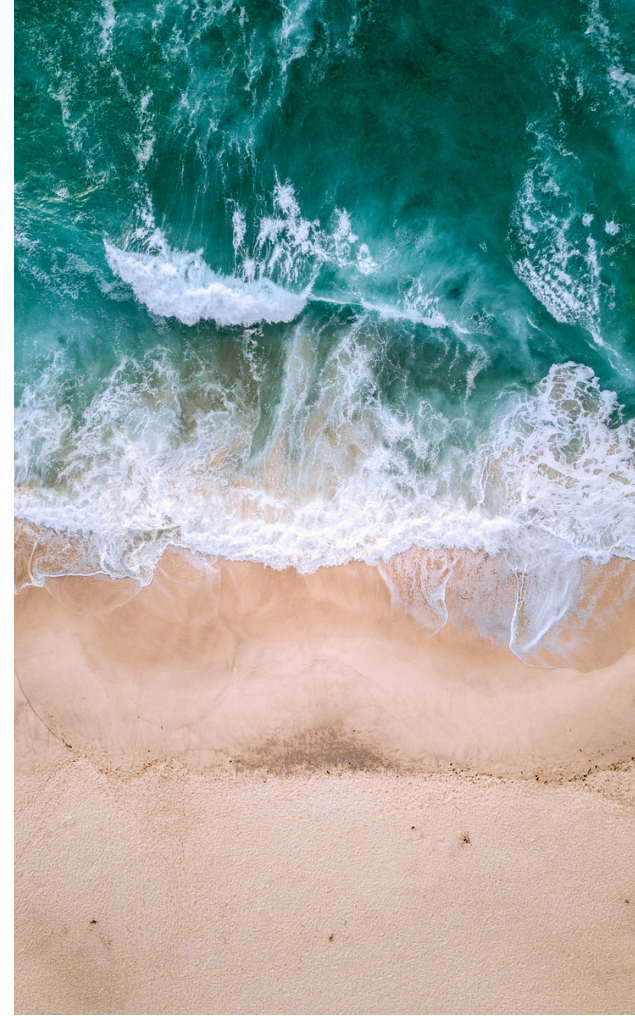
You are not your experiences. You are not your circumstances. You are whatever you desire to be.

37

Rest sustains the journey. Give yourself the permission to pause and take a break.

38

Success without integrity might get you to your goals, but you'll risk losing yourself in the process.



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39

Protect, guard, and prioritize your inner voice and self worth. No one can steal what's yours.

40

Listen to your intuition when it speaks to you. Trust your gut when it sends you a message.

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-Shaina

NEXT STEPS



If you want more inspirational content or tangible steps to living an abundant, fulfilling, and successful life, then head to my [website](#).

If you're a creative or entrepreneur looking to overcome fear and imposter syndrome, feel free to check out my 1 on 1 Coaching for Champions Signature Program Below!

WORK WITH ME



Thank you!

I hope you got something out of this! Remember, at any time you can recite these to yourself and *reclaim your power and confidence.*

Shaina McGregor

Creative Entrepreneur | Coach | Dancer