

*"This book of affirmations can change your life  
for the better today."*

*-Varla Ventura, author of Sheroes*

✧ LOVE 

*the* SHIT

\* OUT OF ✧

YOURSELF

*Because Your Life Depends On It*

ZOEY ARIELLE POULSEN

◇ LOVE ♥  
*the* SHIT  
\* OUT OF ◇  
YOURSELF

*Because Your Life Depends On It*

ZOEY ARIELLE POULSEN

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"AND, WHEN YOU  
WANT SOMETHING, ALL THE  
UNIVERSE CONSPIRES IN HELPING  
YOU TO ACHIEVE IT."

- PAULO COELHO, THE ALCHEMIST



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SUBSCRIBERS



“Zoey is truly the queen of positivity. She has managed to create a life she loves and thrives on, all through consistent positive thinking. She is with no doubt my number one source whenever I need an extra boost of motivation and positivity.”

– KIA LINDROOS, CO-FOUNDER KIA-CHARLOTTA

"Love the Sh\*t Out of your Life is bursting with positivity and joy. Zoey Poulsen gives you the essential, every day tools to transform and create the life of your dreams while simultaneously loving yourself as you are in the present moment. A must read for everyone!"

– MACKENZIE FLY, YOUTUBER



"Zoey's positive outlook is infectious, and she has a unique talent for harnessing life's possibilities. This book shares her secret to self-love, self-belief and taking a leap of faith to create a life you love."

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"Zoey is a true inspiration. She is a constant source of positivity and her life is a living example that you can achieve anything you want in this life if you truly believe in yourself and the power of the Universe."

– ANASTASIYA GORSHKOVA, YOUTUBER



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## INTRODUCTION

It is too often we over-work ourselves to please others without taking quality time to focus on ourselves and our personal well-being. Life can be a rollercoaster, but regardless of what the agenda brings for the day, week, month or year it is crucial to take part in self-love. We all need reminders now and then about how great and truly capable we are of achieving all of our dreams and desires in life. The best thing we can do to improve our state of mind is to partake in daily reminders. By harnessing the power of positive thinking we can begin to grant ourselves a happy, fulfilling life, attracting all that we yearn for. We cannot be our greatest version if we haven't served ourselves first, this book is your guide for that. It's time to **Love the Sh!t out of Yourself!**



I want this book to be your new best friend. It is here to remind you that you are pretty darn great on a daily basis for as long as it takes. I've learned to remind myself of this, and you know what? It feels pretty darn great! It is even kind of addictive in the best possible way. While this might seem like a fluffy little exercise, it runs quite deep and will serve you for the rest of your life. Are you ready to live your dream life? Well, this book is the perfect place to start. If you find yourself feeling overwhelmed and drained by the bustling of life, it is time to stop in your tracks and do an attitude adjustment, or more specifically a "gratitude adjustment." Whenever you find yourself at an exhaustion or frustration point, recognize it, and remind yourself that you are in need of some "me TLC," a radical dose of self-care. You need to soak up the glory of your very being and feel grateful for all that you have accomplished in



life. In addition to feeling gratitude, it is time to compliment that practice with affirmations.

## WHAT ARE AFFIRMATIONS AND HOW TO THEY WORK?

Affirmations are the action or process of affirming something; a powerful form of self-talk. It is important that when practicing affirmations we repeat, focus and visualize what it is we wish to receive. Affirmations help our conscious brain communicate with our subconscious brain. By using feeling-provoking words within our affirmations such as: love, happiness, abundance, etc. we are imprinting emotions. By attaching feelings to our affirmations such as “happiness” we are communicating with the subconscious brain and letting it know we enjoy the feeling of happiness and wish to attract more of it into our lives. The more we practice affirmations



the sooner our dreams and desires will come to us. It won't take long before you come to realize how powerful your mind is, and how abundant this practice can really prove to be.

### HOW OFTEN SHOULD I USE THEM?

Affirmations should be as used as often as possible. Whether this be reciting them in the morning first thing when you get up, thinking them in your head while you brush your teeth or writing them out before bed, use them daily.

### HOW FAST WILL THEY WORK?

Affirmations can work instantly or over a long period of time, it all depends on your focus and consistency with the practice. After dedicating yourself to your affirmations you will begin to notice the benefits such as a more positive



mindset, the attraction of specific people and events into your life and the achievement of your goals. Once you begin to notice this and are pleased with the results you will obtain a gratitude mindset. A grateful mindset is your way of letting the Universe know you are so happy to have received everything you have in life, and you are looking forward to receiving more. The more grateful you are, the faster affirmations work. So get dedicated to loving yourself and your life!

**ARE YOU READY?**

**GO GET 'EM GOAL-DIGGER!**





# THE ART OF SELF-AFFIRMATION: HOW TO USE THIS BOOK

## STEP ONE:

Get rid of all limiting beliefs. Limiting beliefs are those thoughts and barriers in your mind that make you believe you cannot achieve something or do not deserve something. It is time to stop sabotaging yourself. You were given this precious thing called life with this specific body and mind so it is time to become your own best friend, your own cheerleader and make this life an outrageously positive experience. You were born a star now start shining like one; literally, you're made up of atoms from exploded debris in the universe.



You're creative, infinite, intelligent and beautiful beyond measure; you're stardust.

### STEP TWO:

Ask yourself, "How are you feeling today?" If the answer is positive then great this book will be a booster shot in word form! However; if you are feeling negative or have any red-flagged, limiting thoughts, you have come to the right place. You need to be the energy you wish to attract in this world, so whatever area you are feeling a lack in, pinpoint it and look to Step Three for guidance.

### STEP THREE:

On the following pages you will find a pep talk followed by 10 affirmations on various subjects.



Choose a subcategory to help bring you back to a positive mind state or amplify an area in your life where you wish to achieve more.

If you're feeling spontaneous or looking for a sign, randomly open to an affirmation and let those words be your guiding thought for the day. If you are REALLY resonating to this power-thought, keep using it every day and let it become your mantra. The more you practice affirmations the sooner they will become your reality. Use these powerful words for ideas in speeches, on your bulletin board, in your email signature, or on your social media, the more you see them, *the better*. If you are getting ready to do a presentation, a sales pitch, an interview for your dream job, record a YouTube video or any other important task, this affirmation can be the wind in your sails.



Let these words inspire you, fill your body with joy and your mind with unlimited possibilities. This book will grant you the pep talk you need followed by 10 kick ass affirmations to get you feeling back to your beautiful, confident self again. If you're already feeling fabulous, let this book super-charge your day and kickstart attracting that dream life to you.

**LET'S GET STARTED!**







## AFFIRMATIONS FOR EVERYDAY POSITIVITY

You are a badass, we already know this, but here's an extra dose of awesomeness to kickstart your day! Carry one of these positively powerful affirmations with you throughout the day and I assure you nothing can go wrong! The best part of this dose of awesomeness is that you're giving it to yourself. You are a confident, abundant, radiant being; ain't nobody gonna tell you otherwise.



I'm  
kickstarting  
my dream life  
today!



I am full  
of beauty  
inside  
and out.



My future is  
overflowing  
with infinite  
possibilities.



Today I am  
ready, willing,  
and able to  
follow my  
dreams!



I am  
motivated and  
energized to  
achieve my  
goals today.



I deserve all  
of the greatest  
gifts life has  
to offer.



The positive  
outcome is  
always mine.



I possess  
endless  
potential.



I have all of  
the energy  
I need to  
take on the  
world today.



I am  
consistently  
inspired by  
everything  
around me.





## AFFIRMATIONS FOR ATTRACTING A LOVING RELATIONSHIP

Are you ready to find the one? Your perfect match? Your partner in crime? Don't worry, I got you, and you got you! Start creating space in your life, mind and heart for this special person. This practice includes the physical spaces around you, for example: setting the table for two or making room in your closet for one more. The sooner you can achieve this, the sooner they will arrive. And when they arrive...Well, when you know you know.



My perfect  
match is  
on the way  
to me.



I am attracting  
my dream  
partnership.



I am worthy  
of the perfect  
partnership.



I have more  
than enough  
suiters in  
my life.



My soulmate  
is here and  
on their way  
to me.



I have space  
in my life for  
a significant  
other.



I am  
attracting  
someone  
who loves me  
inside-out.



I am  
worthy  
of love.



I envision  
myself  
filled with  
happiness  
and love.



I love  
myself  
completely.





# AFFIRMATIONS FOR A WEALTH ABUNDANT MENTALITY

Listen up! You can't attract money by thinking about your lack of it, it's time to turn that frown upside down and kick your anxieties to the curb. You are a money magnet and here are some affirmations to include in your everyday life to begin attracting financial abundance NOW!



I attract  
money  
effortlessly  
and easily.



Money  
flows to me  
like a river to  
the sea.



I am  
financially  
free.



I pay  
my bills with  
wonderful  
ease.



I have more  
than I could  
possibly need  
in my bank  
account at  
all times.



Money is on  
its way to me  
from places  
I could never  
imagine.



I make  
money  
every day.



I can afford  
whatever my  
heart desires.



Every day in  
every way  
my wealth is  
increasing.



I receive the  
abundance of  
the universe.





## AFFIRMATIONS FOR DATING

So you're getting back out there, way to be badass! I'm proud of you. You're not just eye candy you're a piping hot dish of soul food. Here's what you need to remember:



I am unique,  
interesting  
and  
enchanted.



I am beautiful  
inside  
and out.



I engage in  
positive and  
inspiring  
conversations.



I am classy. I  
am confident.  
I am fabulous.



I have a  
magic spell  
on me.



I am  
a prize.



I am a  
captivating,  
force of  
nature.



I am  
desired.



I radiate  
confidence  
and beauty.



I always have  
meaningful  
conversations.





## AFFIRMATIONS FOR A POSITIVE WORK ENVIRONMENT

Bad days at work? We all have them: You spilt coffee on your shirt, someone embarrassed you in a meeting or you simply fell asleep in a meeting. We're human beings and accidents happen, people power trip, and hey, people work themselves too hard sometimes. Don't take it home with you. In fact, freshen up your day with these positive words before the workday even starts.



Each day  
is a fresh start  
to make my  
dreams  
a reality.



I am always  
better than I  
was yesterday.



Any  
moment of  
discomfort is  
just a blip in  
the radar.



I'm  
a boss.



Success  
is on its way  
to me.



I attract  
success  
every day.



No matter  
what happens  
I always  
redeem  
myself.



I am  
powerful and  
productive.



A wonderful  
promotion  
is on its way  
to me.



I am  
unstoppable.





## AFFIRMATIONS TO ATTRACT MEANINGFUL FRIENDSHIPS

Feeling a lack of positive, powerful and fulfilling friendships in your life? Don't worry, it just means they're on their way to you and they will arrive in divine timing. For now, remember you are whole all on your own, and an inspiring friendship is only going to lift you up even higher to your greatest potential. While your friendships are on their way to you, practice these powerful affirmations.



I attract those  
into my life  
who fulfill my  
journey.



I attract  
loving,  
supportive  
friendships  
into my life.



My friends  
support  
me and I  
support them.



I attract  
relationships  
of the highest  
caliber.



I am loved  
and treasured  
by my friends.



I am worthy  
of loving  
and kind  
friendships.



My life is full  
of uplifting,  
inspiring  
friendships.



My friends  
help me to  
achieve my  
greatest  
version.



I am loved  
by all and I  
love all.



My friends  
are true,  
humble  
and kind.





# AFFIRMATIONS FOR BEATING PROCRASTINATION

How good does it feel to get IT done? Whether it be work, a workout or homework you need to beat that little voice in your head that's making excuses like, "I could probably create a load of laundry," or "Hey, some vegan chili would be fun to make right now!" Snap out of it. Badasses get shit done and they get it done well. Read the affirmations on the following pages then set a timer on your phone for a power hour or day; whatever you need.



I am  
productive.



I attract  
instant  
success with  
every project  
I take on.



I get things  
done well.



Everything  
I touch turns  
to gold.



This task  
is easy and  
enjoyable.



I always get  
my work done  
faster than  
expected.



I am able to  
accomplish  
anything I set  
my mind to.



Today I  
block out  
distractions  
and remain  
committed to  
my tasks.



I work  
quickly and  
efficiently.



I produce  
work of  
the highest  
caliber.





## AFFIRMATIONS FOR ACHIEVING SPECIFIC GOALS

Alright goal-digger, it's time to achieve! Know you are so capable of achieving whatever it is your heart desires: a vacation, a promotion, a new car - you got this. Get your intentions ready, set, GO!



I visualize the  
achievement  
of my  
goals daily.



I accomplish  
everything  
I set out to do.



Unseen forces  
come into  
play to help  
me achieve  
my goals.



Each day  
I am steps  
closer to  
my goal.



My goals  
and I are  
one and  
the same.



I am  
committed  
to doing  
whatever it  
takes to reach  
my goals.



Every  
obstacle  
is leading me  
closer to  
my goal.



My goals  
will be  
achieved  
in divine  
timing.



Those around  
me support  
my goals  
and help me  
bring them to  
fruition.



I achieve  
every goal  
I set my  
mind to.





## AFFIRMATIONS FOR ACHIEVING YOUR DREAM LIFE

It's not the destination we're seeking, it's the journey. Make sure your journey is a memorable, dreamy one, overflowing with radiance and beauty. These words are here for you to affirm your worthiness of receiving an upbeat, adventurous and crazy-happy life.



Each day my  
dreams are  
coming closer  
to fruition.



I live my  
dream life.



Whatever  
I desire I  
can acquire.



If I can see it  
in my mind I  
can hold it in  
my hands.



My dreams  
never give up  
on me and I  
never give up  
on them!



Any doubts  
become  
shadows in the  
sunlight of my  
determination.



I believe in  
myself and  
I believe in  
my goals.



I enjoy  
taking action  
to make my  
dreams my  
reality.



I am easily  
able to find  
any resources  
I require  
to achieve  
my goals.



The more I  
think about  
my dreams  
the faster  
they become  
a reality.



## CONCLUSION

This is your life, only you can truly control your choices, and choosing happiness is the finest way to live life. Affirm yourself daily on the subjects you need to receive a confidence boost in or improve on and you will cultivate more and more positive thoughts throughout the day. When you have dedicated yourself to this practice everything around you will begin to fall into perfect place. Noticeable synchronicities and serendipitous coincidences will soon enlighten your life on a daily basis.

Don't wait and don't slack off. Take control of your life now. Ditch the negative self-talk, the belittling friendships and the negative environments around you. Become more and more of the radiant being you came to



the world to be, and strive for a better you, each and every day. Overflow with infectious, positive energy and harness the power of your thoughts to always work in your favor. You owe it to yourself to love the shit out of yourself every day because that's who you'll be spending the rest of your life with. Work towards creating your dream life and if you're already there then this is your sign to push yourself to achieve and attract more than you could ever possibly imagine. There is no glass ceiling, so affirm yourself of your radiance and your dreams every. single. day.

The future is infinite and so are you!

**VOLARE,  
ZO**





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Infinite gratitude,

ZOEY





## AUTHOR BIO

Zoey Arielle Poulsen, better known by her wildly popular YouTube channel: Zoey Arielle, is a 25-year-old Canadian girl living life the way it was meant to be lived. Currently working remotely in Rome, Italy. Zoey was born and raised on Vancouver Island, BC, Canada and relocated to Toronto to pursue a post-graduate degree and career in Sport & Event Marketing, where she spent a few enjoyable, transformational years. Zoey felt alive in the big city of Toronto, yet noticed time seemed to escape her as she spent the majority of her time sitting in a desk. Her zest for life and willingness to take chances, drove her to follow her dreams of living in Rome, Italy. Zoey now lives a life well-travelled and shares her positive message with the world through her YouTube channel and books. By sharing her voice and vulnerabilities with the world, she's become the digital nomad of sorts we've all come to love.



Thank you for reading.

In writing *Love the Sh!t Out of Yourself*, Zoey Arielle Poulsen did her very best to produce the most accurate, well-written and mistake-free book. Yet, as with all things human (and certainly with books), mistakes are inevitable. Despite Zoey's and the publisher's best efforts at proofreading and editing, some number of errors will emerge as the book is read by more and more people.

We ask for your help in producing a more perfect book by sending us any errors you discover at [errata@mango.bz](mailto:errata@mango.bz). We will strive to correct these errors in future editions of this book. Thank you in advance for your help.