

7 POWERFUL DAILY AFFIRMATIONS

Guidance: Sit in a quiet place, take a few deep grounding breaths, put your hand on your heart, and read aloud the statements below.

1 All is well in my world. Everything is working out for my highest good. Out of this situation only good will come. I trust that I am safe.

2 I accept the flow of life. I accept and let my emotions and feelings to flow freely. I feel happy, energetic and lively.

3 I am strong and confident. I acknowledge and value the power within me. I am perfect just as I am.

4 I courageously choose love, joy and transformation . I see love. I feel love. I am love.

5 I am learning to express myself in a way that feels good to me. I am learning my truth. My truth becomes clearer every day.

6 I now breathe and move into my natural well-being. I am connected to my inner vision. I am calm. I only exist right now.

7 I am worthy of Divine guidance. I am my highest, most authentic self. I am worthy of unconditional love from divine energy.



30-Day Challenge

Repeat the above affirmations for 30 days and color in the circles to track your progress.

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MORE THAN A COACH



“I have a deep passion for coaching and mentoring clients. My goal is to have their inner values align with their outer world. I work with clients who are open-minded and are seeking personal development and a deeper understanding of their challenges in ways that allow change, integration, and growth. Through listening and supporting each client with compassion and insights, I create a safe environment that allows them to embrace the deep work that comes with transformative growth.”

Jenny

Jenny Aiello is the creator and founder of her own unique and powerful Women’s, Men’s, and Couple’s Spiritual Retreats. She has been leading retreats and coaching clients since 2006. She is a Certified Life Coach, Crystal Practitioner, Reiki Master, Shaman, End-of-Life Coach, Sound Healing Practitioner, and she absolutely loves working with energy medicine to heal emotional, traumatic, and spiritual wounds. Jenny is the creator of the Wholistic Energy Healing Academy, where she teaches others who are called to dive deeper into their understanding of healing energy.

Jenny’s coaching clients come to her for support as they go through life transitions, or for direction while on their own personal healing journey. Her clientele include emerging healers and light-workers to corporate executives. If you live, breathe, and seek to expand your awareness, Jenny can relate to your circumstances and coach you to your highest potential.

Jenny’s retreats attract people from so many different walks of life. Those going through life transitions, or looking for direction while on their own personal healing journey. Some are going into marriage or through a divorce. Some are starting a brand new career path or entering a new season of life. Some are experiencing grief, healing old emotional wounds, stuck in trauma, or simply seeking a way to live with intentions and purpose. They all come to retreat to find a spiritual path that supports their continued journey of personal growth. Many clients experience profound healing and transformation during Jenny’s retreats.

PRAISES

I have been working with Jenny as my life coach for over 4 years, and I have attended 2 of her retreats with major healing breakthroughs both times. I can't say enough about how much she has changed my life!

Kristin G.

In a few short years, Jenny has helped me identify subconscious behavioral patterns I've used to self-sabotage and remain stuck. She's helped me make sense of why I am the way that I am. I understand myself better because of our work together. I have a sense of clarity about my future that I didn't have a few years ago. If you feel stuck, just give her a call, and go from there. You won't regret it!

Justin P.

I have been in therapy my entire life, while I was functioning dealing with all the trauma I have went through I was never free of it. A lot of unfortunate circumstances came to a head and sent me whirl winding into my past, that is where I found Jenny. My mind and body were literally shutting down and I was drowning in depression. I went to her weekend retreat, and I cannot even begin to put into words what she did for me, she literally saved me.

Geena S.

Jenny and I only met a few months ago and I've really had a sense of hope for the first time in the past five years. Her methods of coaching and listening are so perfect for the way I communicate and emote. She has a keen eye for way more than verbal cues, but she knows my body language and can read between the lines. We're on a good path and I feel like Jenny is becoming part of my nest. She makes herself available all the time and uses real-life and visual analogies that also click with me. Jenny always leaves me with things to ponder and work on between sessions but doesn't give me "homework" because she knows my resistance.

Jason M.

There are no words to fully describe retreats with Jenny. She creates a safe space and a strong sense of support and community...so it is very comfortable to dig deep and uncover life - changing opportunities. Jenny's retreats have forever changed the way I see myself and my place in the world. I am forever grateful for all that Jenny has brought into my life, and for all the ways she has shown me how to be me.

Kathleen H.