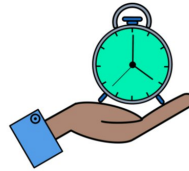
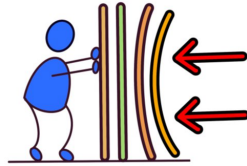


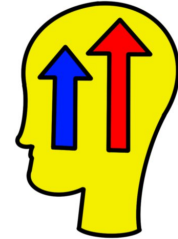
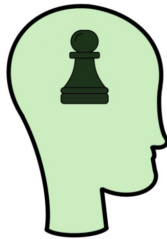
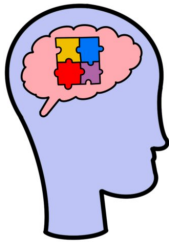
For everyone
– teens, young
adults,
professionals,
across age
groups!

Empowering words and visuals that
guide you on your path to success

Encompasses 50
categories with
200+ “hand drawn”
visuals, and 500
affirmations.
“A book that you
can carry around
for your lifetime!”

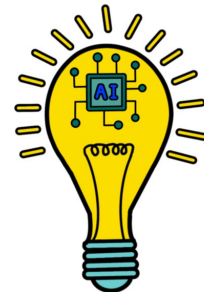
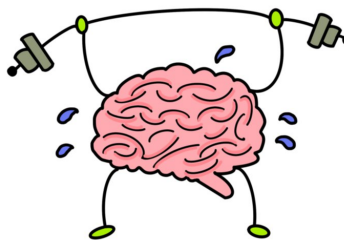


The Visual Book



Daily Affirmations

Srihari Sridharan



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First Edition: 2024

To my pillar of strength. my wife
Swathy. and the source of my
inspiration. our son Advaith.

Your unwavering support fuels
my drive to explore new horizons.

Preface

Welcome to “**The Visual Book of Daily Affirmations**”, a handbook designed to help you cultivate a positive mindset, build confidence, and achieve your goals. This book is a journey of self-discovery and growth, tailored to support three unique groups, covering almost everyone: teens and young adults navigating the ups and downs of adolescence and early adulthood; professionals seeking to boost their performance and achieve holistic success; and individuals of all ages looking to improve their well-being and resilience.

Teenage (13-19 years old) stage of life is marked by unique challenges. Peer pressure and social media can be overwhelming, leading to questions of self-worth and identity. Body image issues and self-esteem struggles are common, and academic stress can feel suffocating. Emotional turmoil and mood swings can make it hard to navigate relationships and daily life. However, with the right support, it is possible to build confidence, develop a growth mindset, and learn to manage stress. This book provides affirmations and visuals to help cultivate self-compassion, resilience, and a positive mindset, supporting teens as they navigate this important stage of life.

For **young adults** (20-30 years old) the transition into independence and adulthood can be both exciting and daunting. Bootstrapping your career, financial challenges, and relationship changes can leave individuals feeling lost and uncertain. Self-doubt and impostor syndrome may creep in, making them question their abilities and purpose. However, with the right support and tools, it is possible to build career confidence, develop a growth mindset, and learn to manage stress. This book offers affirmations and guidance to help navigate major life transitions, cultivate self-care and resilience, and develop a positive mindset, setting young adults up for success in this phase of life.

For **professionals** (30+ years old) career crisis and stagnation, burnout, and work-life balance issues can leave individuals feeling unfulfilled and stressed. Leadership and management responsibilities can be daunting, and networking and building professional relationships can be challenging. However, with the right tools, it is possible to develop leadership confidence, build resilience, and cultivate a growth mindset. This book provides affirmations and guidance to help navigate career advancement, develop a positive mindset, and prioritize self-care and stress management, supporting professionals in achieving their goals and living a fulfilling life.

In today's world, it's easy to get caught up in the overloading stream of information and peer to peer comparison on social media, leading to feelings of inadequacy, anxiety, and burnout. Many of us struggle with imposter syndrome, feeling like we're just pretending to be competent and capable. However, it's time to shift the focus away from negativity and towards empowerment. By using this handbook, teens, young adults, and professionals can develop a growth mindset, overcome challenges, and achieve their goals. The handbook provides age-appropriate affirmations and visuals, guidance for navigating specific challenges and transitions, and support for building confidence, self-esteem, and resilience. By incorporating these affirmations into daily life, individuals can cultivate a growth mindset, prioritize self-care, and develop the skills and confidence needed to succeed in all areas of life.

This book offers a daily dose of inspiration and motivation, helping you to:

- Build a healthy relationship with social media and technology
- Prioritize digital well-being and maintain a positive online presence

- Nurture self-care habits for physical and mental health
- Develop resilience and bounce back from setbacks
- Embrace a growth mindset and take on new challenges
- Foster meaningful relationships and communication skills
- Boost your confidence and self-esteem
- Achieve your goals and reach new heights of success

It is important to note that the book does not restrict or group content by age. The ordering of topics is intentionally organized in a progressive sequence, from younger to older age ranges, to facilitate a logical flow and ease of navigation. This structure enables readers of all ages to explore and engage with the content in a way that is most relevant and meaningful to them.

Commit to your well-being and success! Open this handbook, and start your journey to a more fulfilling life - one affirmation at a time.

About the Author

Srihari Sridharan is a software architect and leader with a passion for software architecture, visual thinking and coaching. He enjoys breaking down complex concepts into simple, understandable ideas. As a speaker, he shares thoughts on leadership, software architecture, and personal growth. His experience includes software architecture, design and development, sketchnoting, mentoring, and leadership.

He works at a reputed software services company and also reviews and proofreads books for Manning Publications. Additionally, he serves on the Board of Studies at B.S. Abdur Rahman Crescent Institute of Science & Technology, helping to align academic curricula with industry needs.

Affirmation Themes

- | | | |
|------------------------------------|----------------------------------------|------------------------------------|
| 1. Personal Growth and Development | 21. Career Success Advancement | |
| 2. Body Positivity | 22. Travel and Exploration | 38. Increasing Productivity |
| 3. Mental Well-being | 23. Hobbies and Creativity | 39. Networking and Partnership |
| 4. Academic Success | 24. Friendships and Social Connections | 40. Work-Life Balance |
| 5. Relationships | 25. Family and Community | 41. Effective Communication |
| 6. Emotional Intelligence | 26. Personal Freedom | 42. Strategic Thinking |
| 7. Self Discovery | 27. Personal Empowerment | 43. Coaching and Mentoring |
| 8. Self Expression | 28. Authenticity | 44. Continuous Learning |
| 9. Relationship Building | 29. Gratitude and Appreciation | 45. Professional Integrity |
| 10. Resilience | 30. Forgiveness | 46. Authentic Leadership |
| 11. Adaptability | 31. Self Awareness | 47. Responsible Social Media Usage |
| 12. Goal Setting | 32. Physical Health | 48. Motivation |
| 13. Time Management | 33. Leadership and Impact | 49. Commitment to Environment |
| 14. Self Love | 34. Purpose and Direction | 50. Innovation and Creativity |
| 15. Self Care | 35. Community and Belonging | |
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| 17. Health and Wellness | 37. Career | |
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| 19. Financial Security | | |
| 20. Career Development | | |

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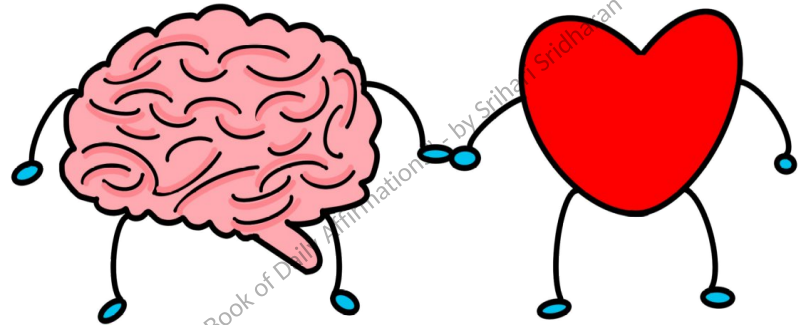
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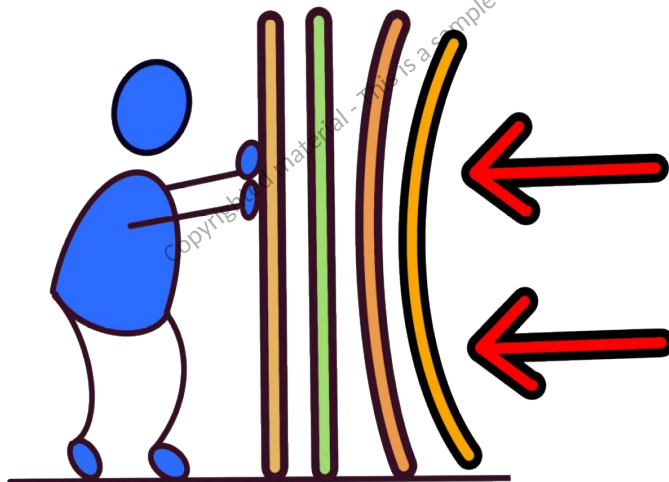
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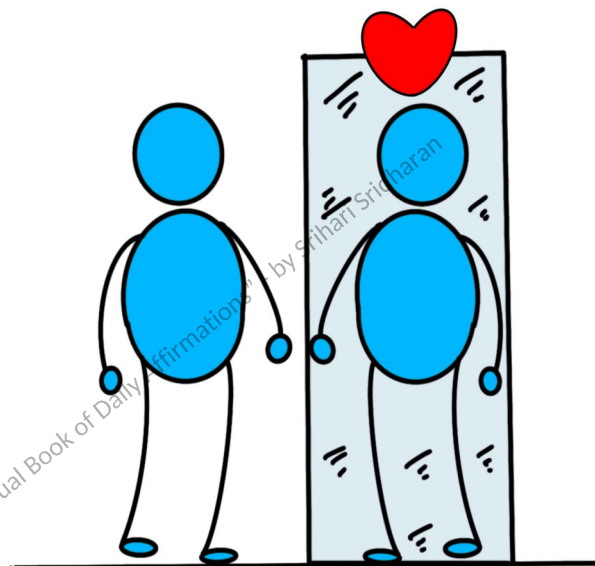
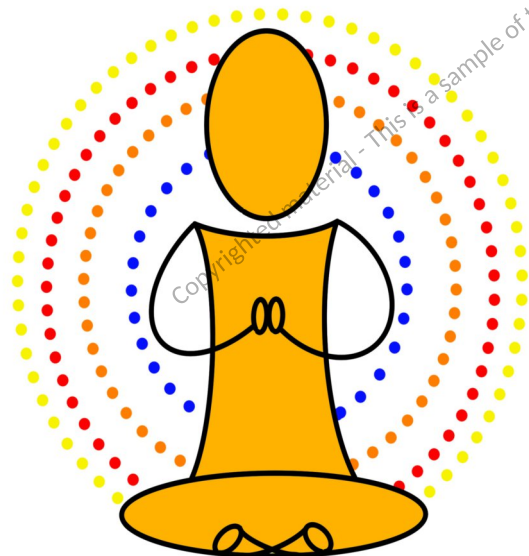
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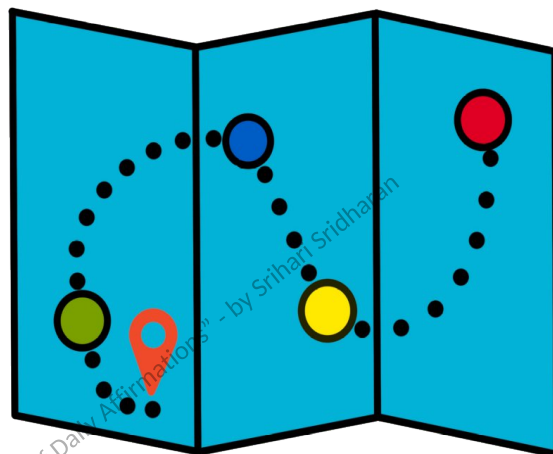
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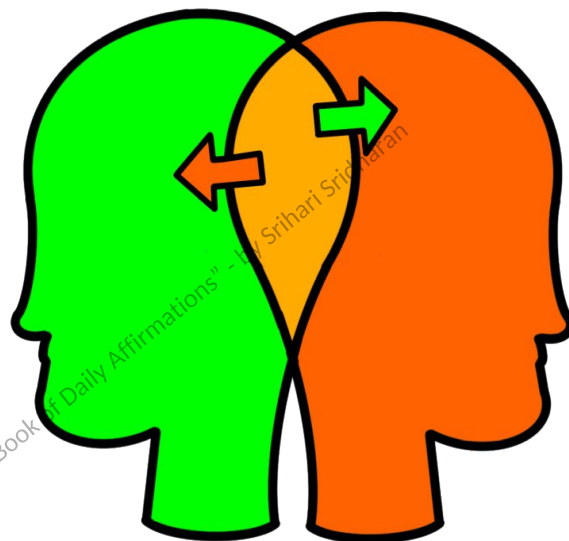
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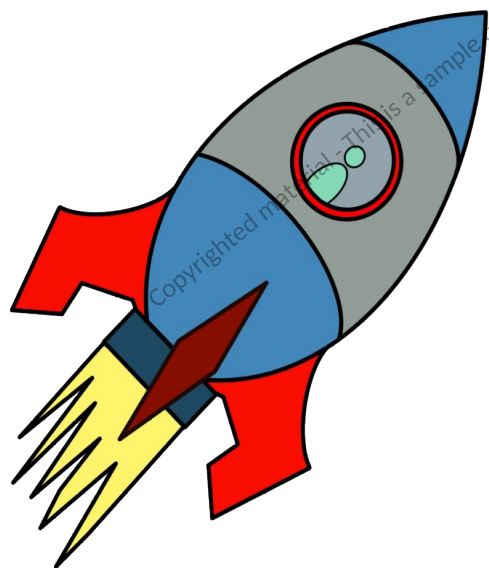
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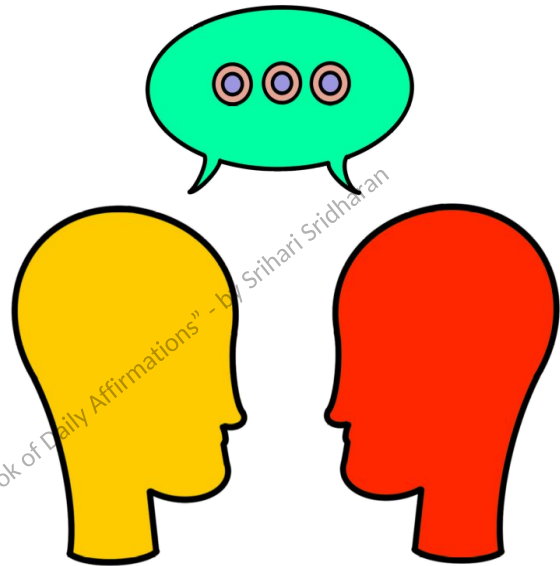
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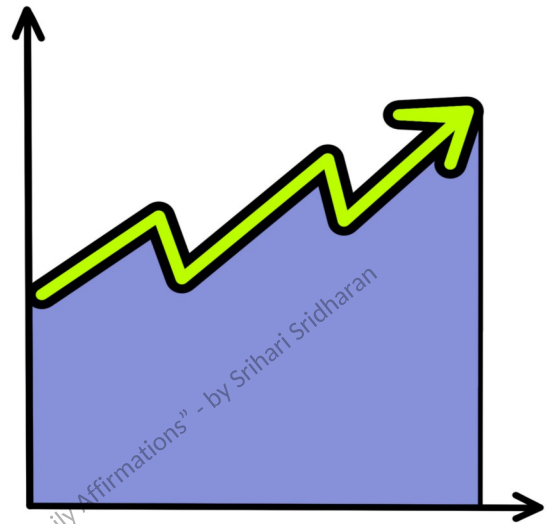
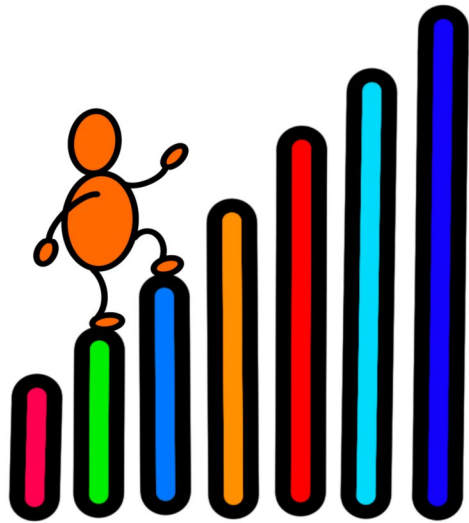
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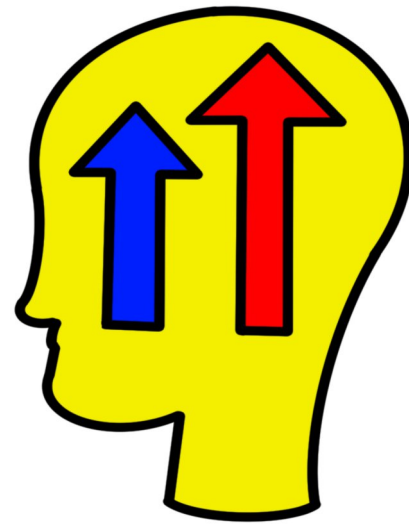
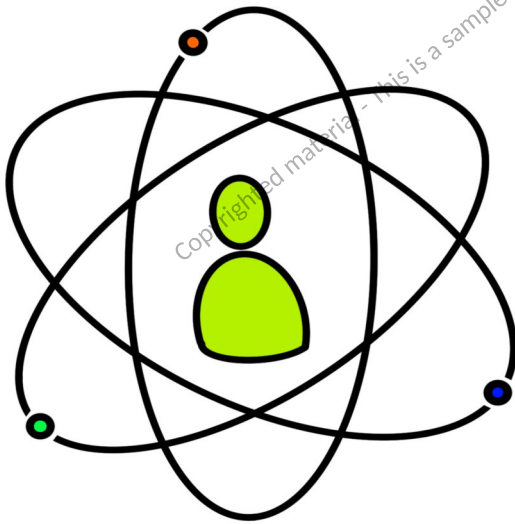


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Let's get
started!



Personal Growth and Development



1. I prioritize personal growth and self-improvement.

2. I embrace new experiences and challenges.

3. I am open to learning and self-improvement.

4. I take calculated risks and step out of my comfort zone.

5. I release limiting beliefs and negative thoughts.

6. I focus on progress, not perfection.

7. I am patient and compassionate with myself.

8. I celebrate my achievements and progress.

9. I trust the process of growth and transformation.

10. I am committed to becoming the best version of myself.

Write your own affirmations

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Glossary

A

Accountability - Taking responsibility for one's actions

Adaptability - Ability to adjust to changing circumstances

Aspiration - Strong desire or ambition to achieve something

Assertiveness - Confident and direct expression of one's needs

Authenticity - The quality of being genuine and true to oneself

Awareness - State of being informed and knowledgeable

B

Balance - State of equilibrium and stability

Benevolence - Kindness and generosity towards others

Boundaries - Clear limits and expectations

C

Calmness - Peaceful and serene state of mind

Charisma - Compelling and attractive personality

Clarity - Clearness of thought and expression

Cohesion - Unity and togetherness among individuals

Compassion - Sympathetic concern for others' well-being

Confidence - Belief in one's abilities and judgment

Connection - Relationship or association between people or things

Conscience - Inner guide that directs moral decisions

Consideration - Thoughtful and empathetic regard for others

Contentment - State of happiness and satisfaction

Courage - Willingness to take risks and face challenges

Creativity - Ability to generate new and original ideas

Curiosity - Desire to learn and explore

D

Decisiveness - Ability to make firm and quick decisions

Determination - Firmness of purpose and resolve

E

Empathy - Understanding and sharing the feelings of others

Empowerment - Giving oneself or others the authority and confidence

Energy - Vitality and enthusiasm

Enjoyment - Feeling of pleasure and satisfaction

Excellence - Exceptional quality and performance

Exploration - Act of searching and discovering

F

Faith - Strong belief or trust in something

Flexibility - Ability to adjust and adapt

Focus - Concentration and attention

Forgiveness - Letting go of resentment and anger towards oneself or others

Freedom - State of being unrestricted and able to make choices

Friendship - Close and supportive relationship

Fulfillment - Feeling of satisfaction and contentment

G

Generosity - Willingness to give and share

Gratitude - Appreciation and thanks for the good things in life

Growth - Development and progress towards one's goals

H

Harmony - State of balance and coherence

Health - State of physical, mental, and emotional well-being

Honesty - Truthfulness and sincerity in words and actions

Hope - Optimistic expectation for the future

Humility - Modesty and willingness to learn

I

Imagination - Ability to create mental images and scenarios

Inspiration - Stimulating creativity and motivation

Integrity - Adherence to moral and ethical principles

Introspection - Examination of one's own thoughts and feelings

L

Leadership - Guiding and influencing others towards a common goal

Love - Strong feeling of affection and attachment

Loyalty - Commitment and dedication to others

M

Mindfulness - Present-moment awareness and non-judgmental acceptance

Motivation - Drive and enthusiasm to achieve one's goals

O

Optimism - Positive outlook and attitude

P

Patience - Ability to endure difficult circumstances

Perseverance - Persistent effort and determination

Positivity - Good-natured and cheerful attitude

Purpose - Meaning and direction in life

R

Resilience - Ability to bounce back from adversity

S

Self-awareness - Understanding of one's own thoughts, feelings, and behaviors

Self-care - Taking care of one's physical, emotional, and mental well-being

Self-love - Acceptance and appreciation of oneself

Selflessness - Prioritizing others' needs over one's own

Sensitivity - Ability to understand and connect with others' emotions

Serenity - State of peace and tranquility

Sincerity - Genuine and honest nature

Strength - Ability to withstand challenges and difficulties

Success - Achievement of goals and desired outcomes

Support - Providing encouragement and assistance to others

T

Teamwork - Collaborative effort towards a common goal

Trust - Belief in others' reliability and integrity

U

Understanding - Ability to comprehend and empathize with others

Unity - State of being united and connected with others

V

Vision - Clear mental image of a desired future

Vulnerability - Willingness to show vulnerability and authenticity

W

Wisdom - Ability to discern and apply universal principles

Wit - Quick and clever thinking

Worthiness - Feeling deserving of love, respect, and happiness

Z

Zeal - Enthusiastic and dedicated devotion to a particular cause, activity, or goal.

Welcome to “**The Visual Book of Daily Affirmations**”, caters to all age groups. By using this book, teens, young adults, and professionals can develop a positive mindset, overcome challenges, and achieve their goals.

Challenges faced by teens (13-19 years old):

- Peer pressure and social media influence
- Body image issues and self-esteem
- Academic stress and pressure to perform
- Emotional turmoil and mood swings
- Self-discovery and identity formation

How the book helps:

- Provides affirmations to build confidence and self-esteem
- Encourages self-care and self-compassion
- Helps develop a growth mindset and resilience
- Supports navigation of social media and peer pressure

Challenges faced by young adults (20-30 years old):

- Transitioning to independence and adulthood
- Career uncertainty and job searching
- Financial stress and student loans
- Relationship and friendship changes
- Self-doubt and imposter syndrome

How the book helps:

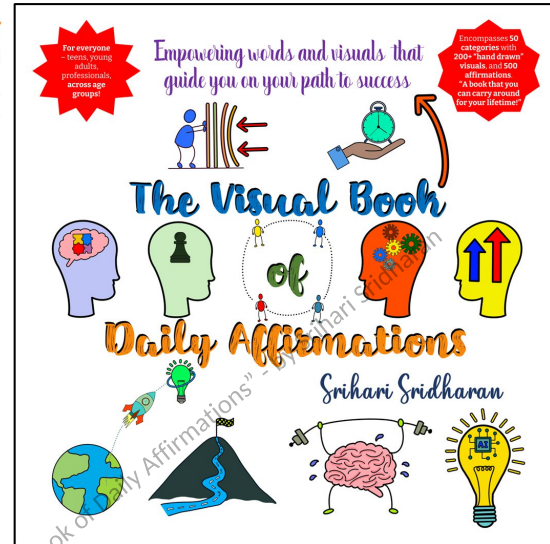
- Offers affirmations for career confidence and clarity
- Encourages self-care and stress management
- Supports development of a growth mindset and resilience
- Provides guidance for navigating major life transitions

Challenges faced by professionals (30+ years old):

- Career stagnation and burnout
- Work-life balance and stress management
- Leadership and management responsibilities
- Networking and building professional relationships
- Continuous learning and skill development

How the book helps:

- Provides affirmations for career advancement and success
- Encourages leadership development and confidence
- Supports work-life balance and stress management
- Offers guidance for continuous learning and growth



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