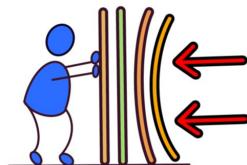


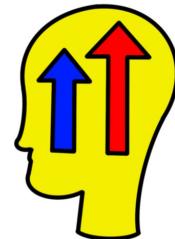
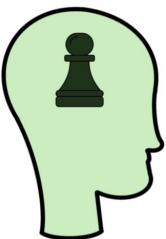
For everyone  
- teens, young  
adults,  
professionals,  
across age  
groups!

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!"

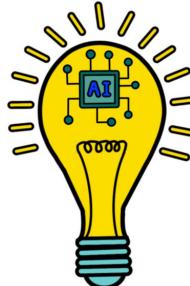
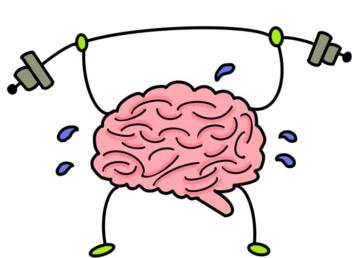
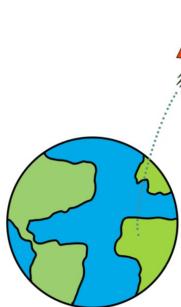


# The Visual Book



## 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.

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# 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	38. Increasing Productivity
2. Body Positivity	22. Travel and Exploration	39. Networking and Partnership
3. Mental Well-being	23. Hobbies and Creativity	40. Work-Life Balance
4. Academic Success	24. Friendships and Social Connections	41. Effective Communication
5. Relationships	25. Family and Community	42. Strategic Thinking
6. Emotional Intelligence	26. Personal Freedom	43. Coaching and Mentoring
7. Self Discovery	27. Personal Empowerment	44. Continuous Learning
8. Self Expression	28. Authenticity	45. Professional Integrity
9. Relationship Building	29. Gratitude and Appreciation	46. Authentic Leadership
10. Resilience	30. Forgiveness	47. Responsible Social Media Usage
11. Adaptability	31. Self Awareness	48. Motivation
12. Goal Setting	32. Physical Health	49. Commitment to Environment
13. Time Management	33. Leadership and Impact	50. Innovation and Creativity
14. Self Love	34. Purpose and Direction	
15. Self Care	35. Community and Belonging	
16. Spirituality	36. Creativity and Inspiration	
17. Health and Wellness	37. Career	
18. Financial Literacy		
19. Financial Security		
20. Career Development		



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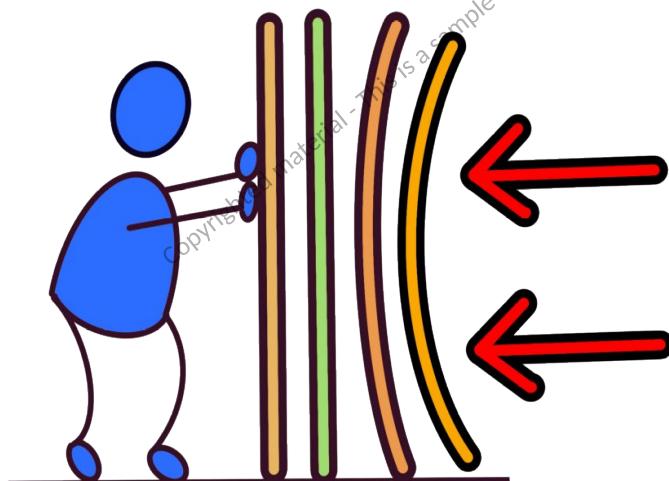
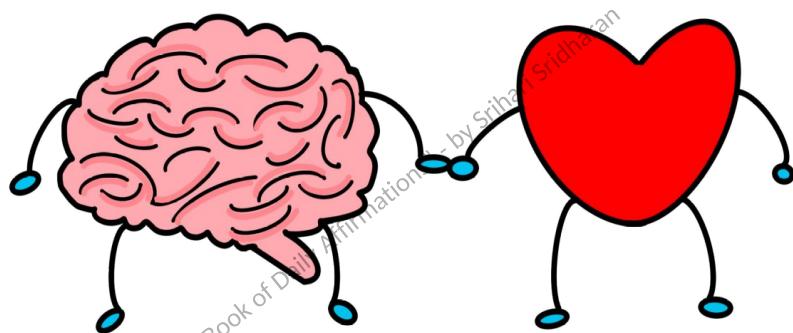
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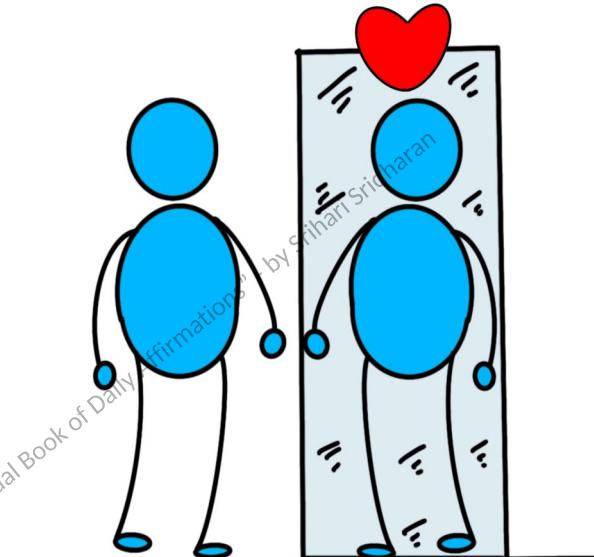
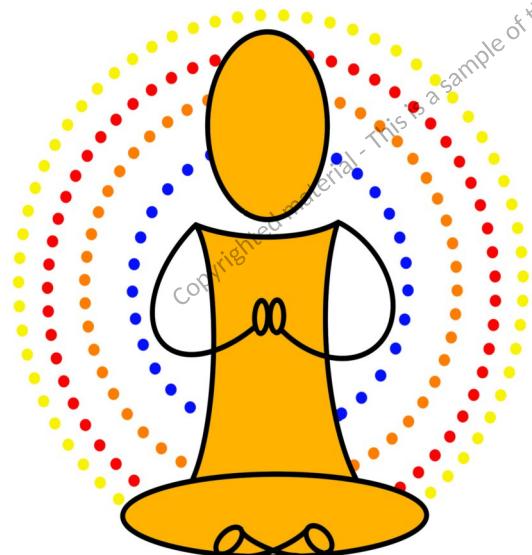
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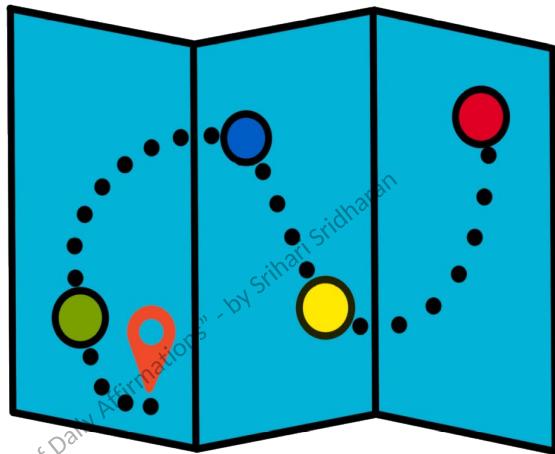
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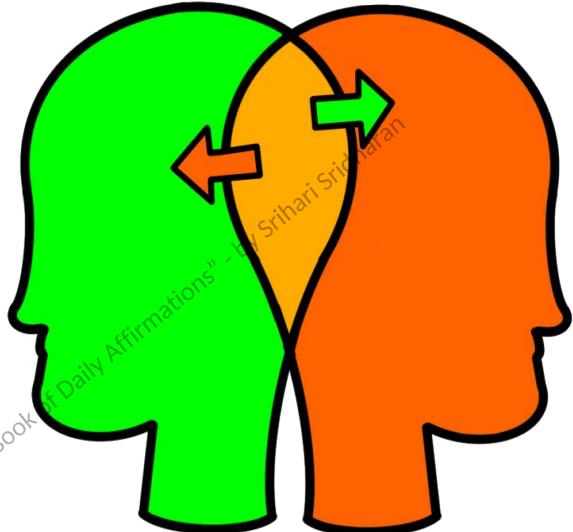
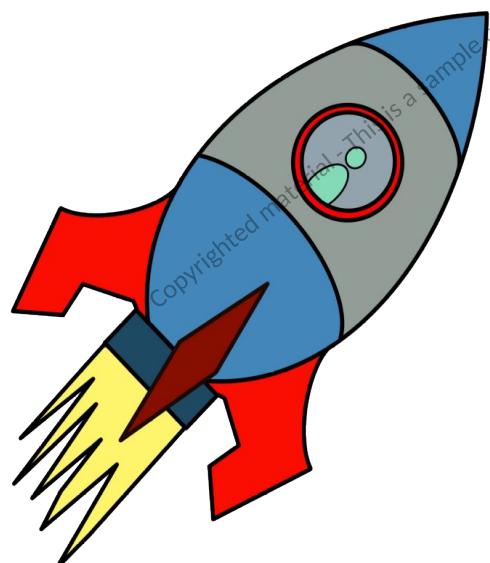
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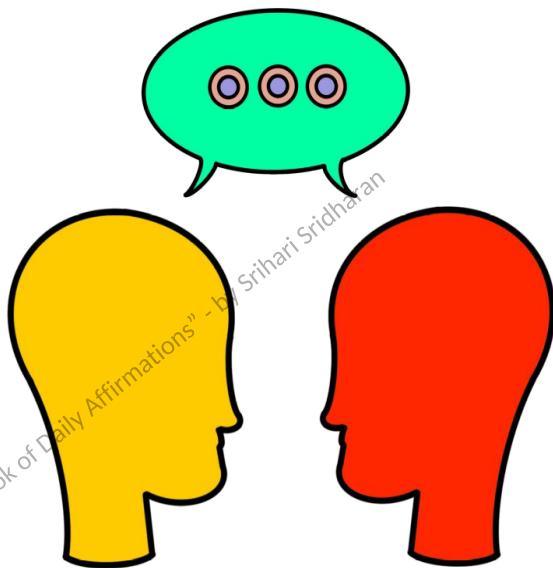
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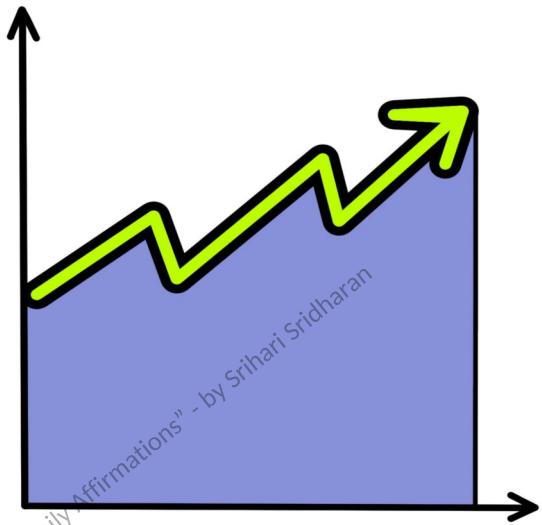
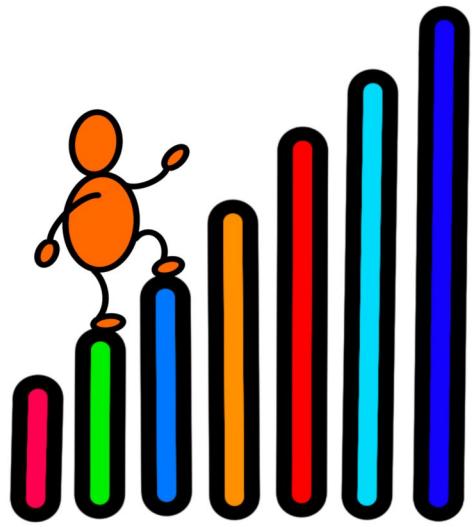
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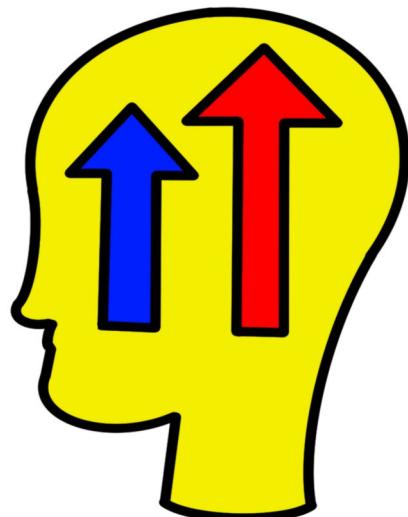
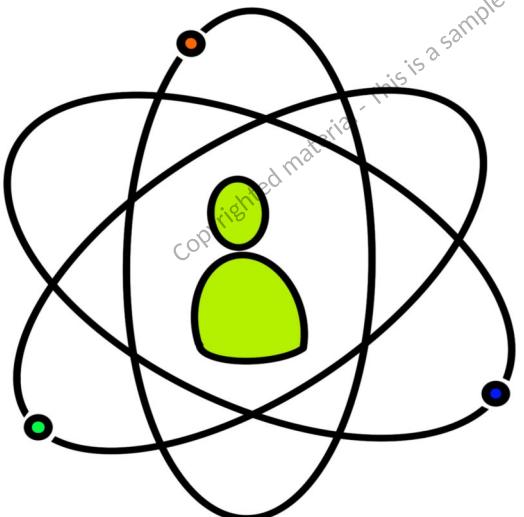
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# Let's get started!

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# 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.

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# 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:

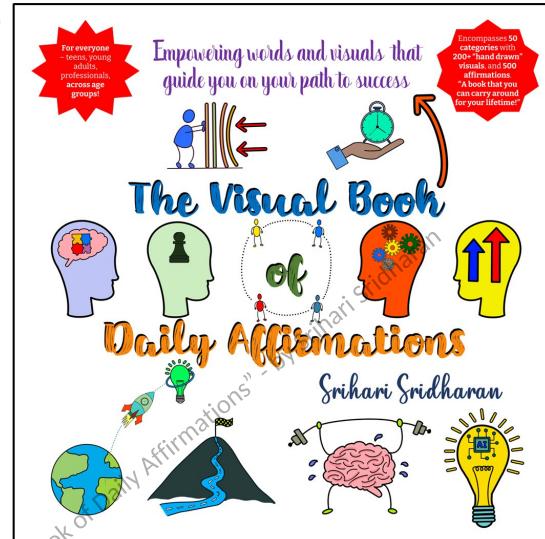
- Offers affirmations for career confidence and clarity
- Encourages self-care and stress management
- Supports development of a growth mindset and resilience
- Provides guidance for navigating major life transitions

#### 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



**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.

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