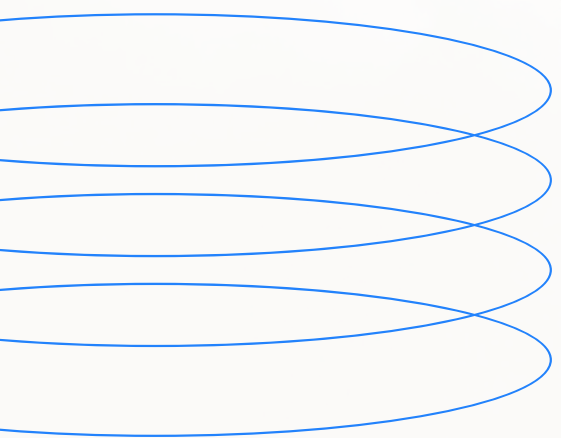
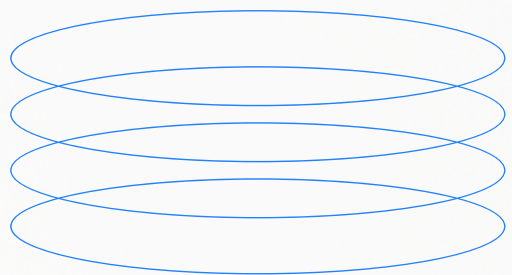


*SAY IT LIKE YOU*  
**MEAN IT**

*into Achievable Wins*

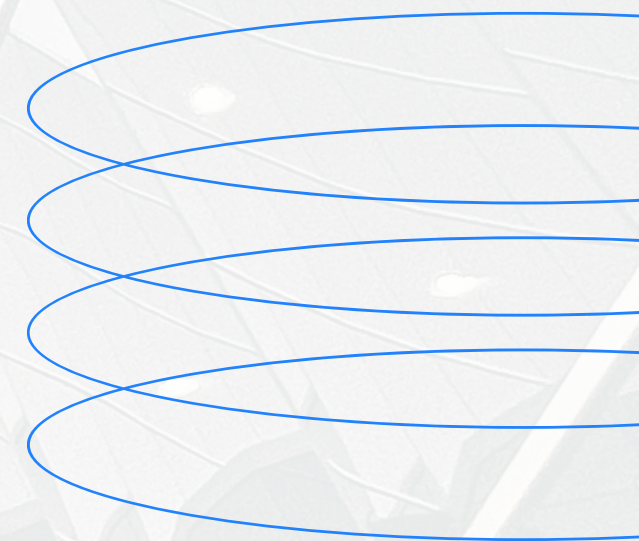




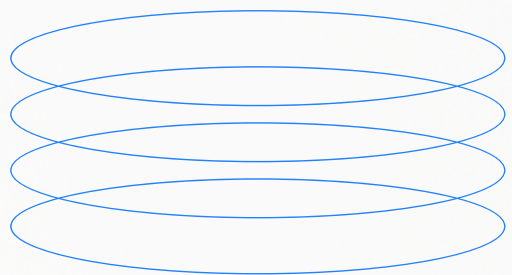


# *WELCOME TO LIFE HACK NO. 3*

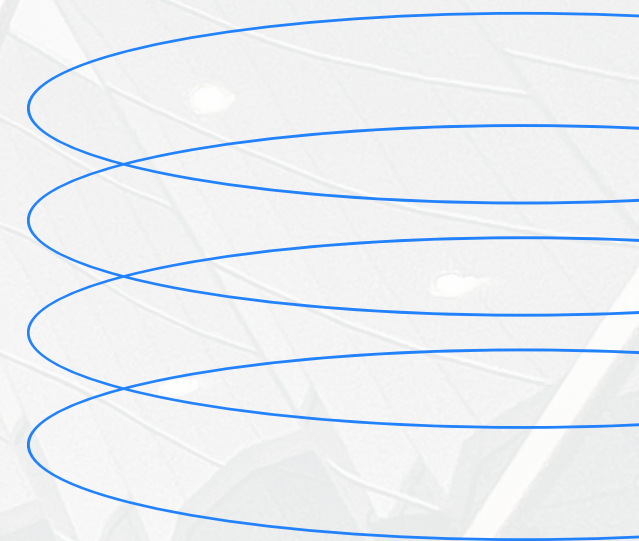
*Say It Like You Mean It*





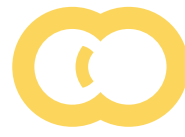


*Harness the power of  
affirmations with energy,  
intention, and emotion.*

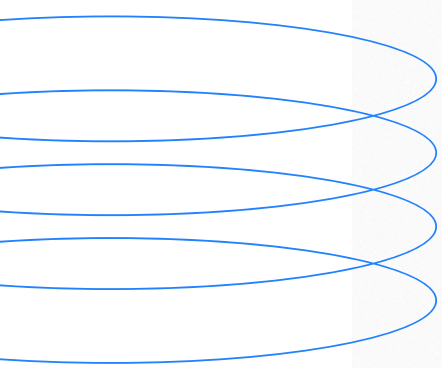
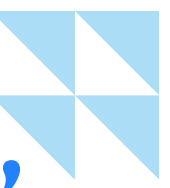




# WHY THIS HACK WORKS

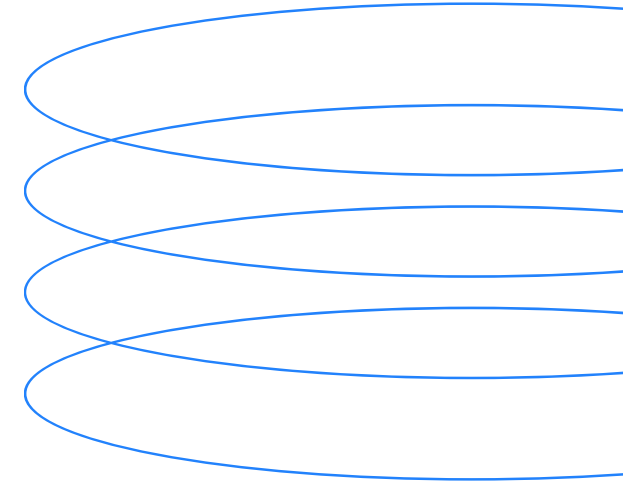


- Words shape your identity, emotions, and beliefs.
- Repetition + emotion = reprogramming the subconscious mind.
- Saying affirmations with belief amplifies their power.





# ***WHY THIS HACK WORKS***



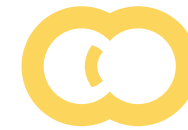
 **Words are free. It's how you use them that may cost you.**



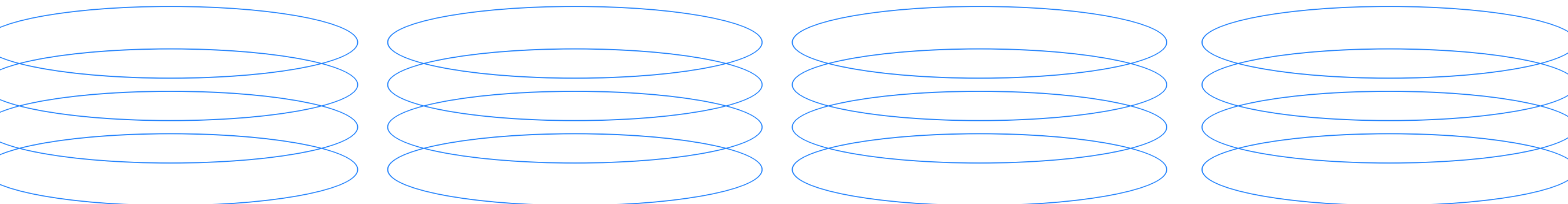


# ***SIGNS YOU'RE NOT SAYING IT LIKE YOU MEAN IT***

- Flat tone, robotic delivery
- Saying it once, without emotion
- Doubting the words you speak
- Not believing in your worth or desires



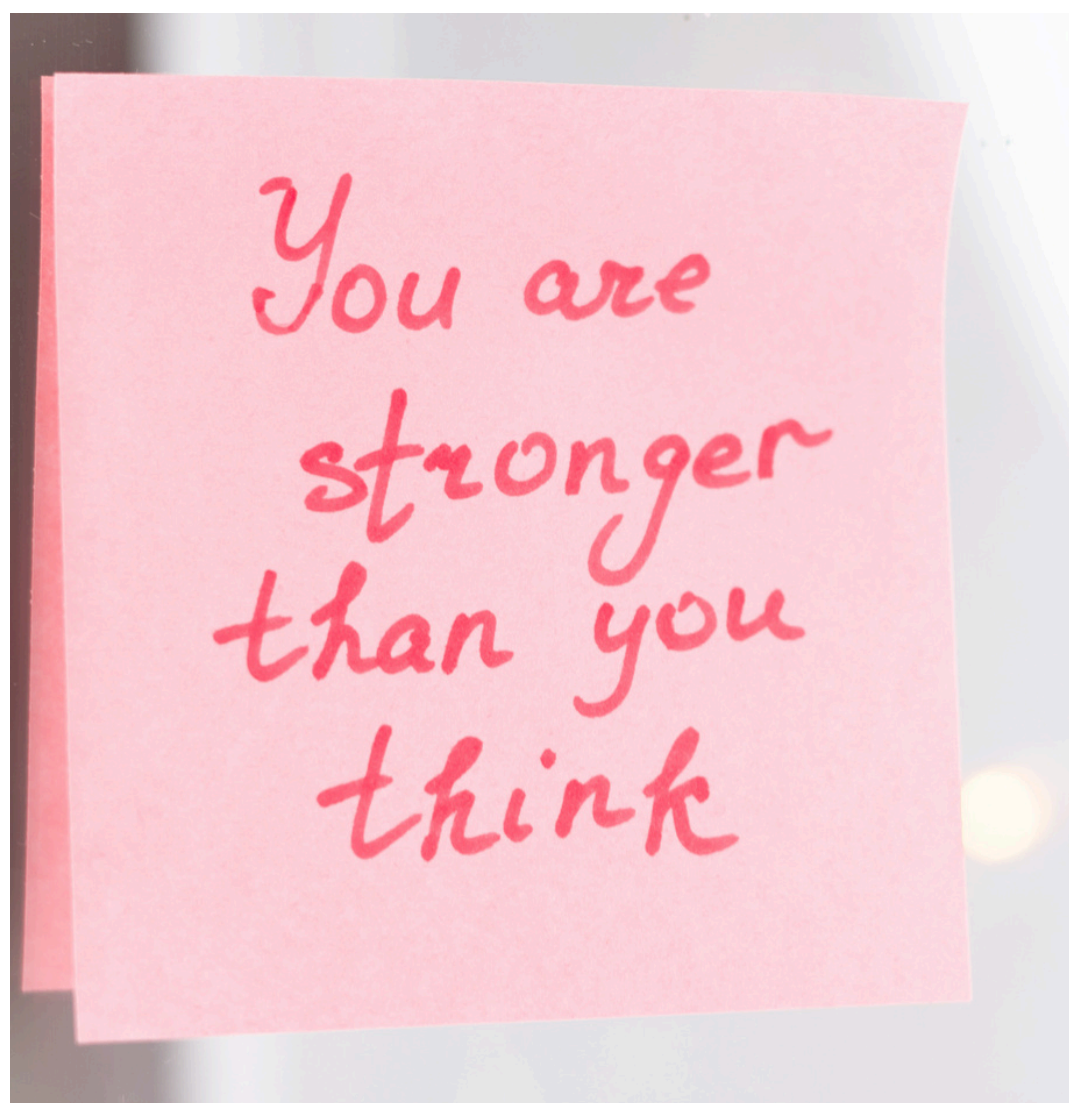
**Ask yourself: Do I feel what I'm saying?**



**ASK  
YOURSELF**







Harness the power of affirmations with energy, intention, and emot

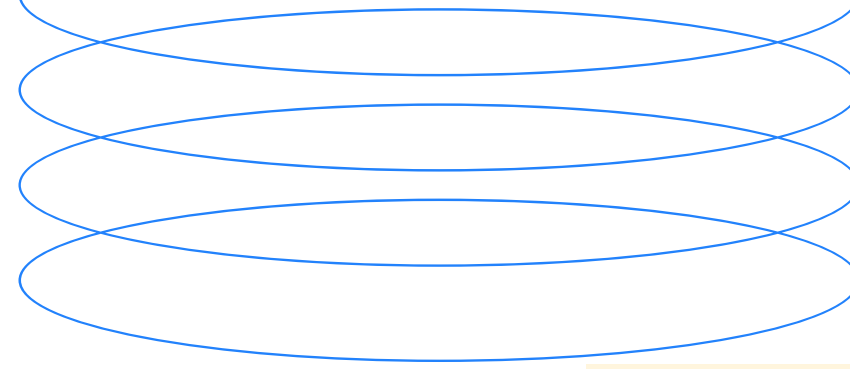
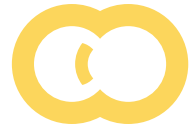


*Step*

## *WAYS TO SUPERCHARGE YOUR AFFIRMATIONS*

- Add Emotion – Say it with love, joy, or conviction.
- Visualize While Speaking – See it, feel it, speak it.
- Use Movement – Walk, dance, or use hand gestures.





*Step*

## ***SAMPLE POWERFUL AFFIRMATIONS***

***Affirmations should  
excite and empower  
you!***

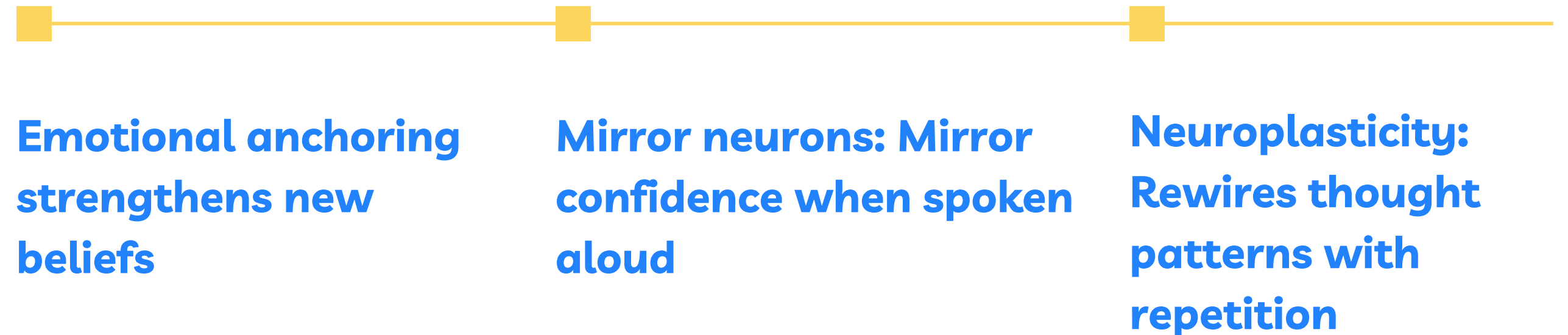
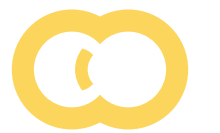
- ***“I am worthy of love and success.”***
- ***“I am becoming the best version of myself.”***
- ***“I radiate confidence, joy, and peace.”***



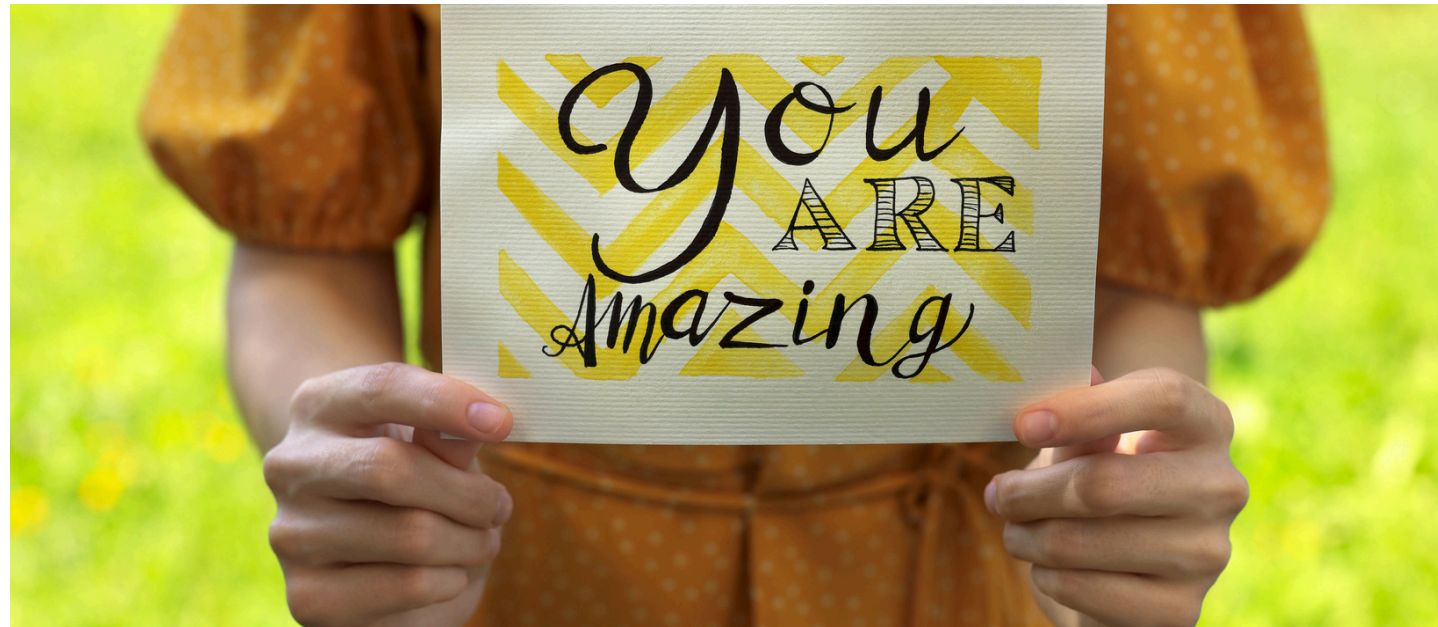
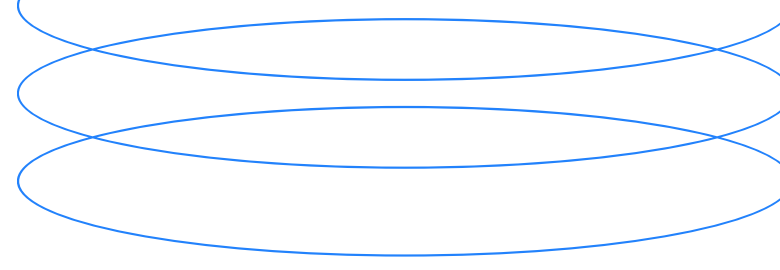
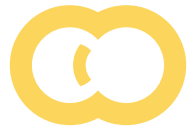


*Step*

# *SCIENCE BEHIND AFFIRMATIONS*







## *Step* **KEY TAKEAWAYS**

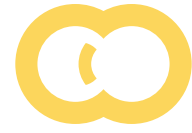


***What you speak becomes  
your reality.***



- ***Affirmations only  
work when felt and  
believed.***
- ***Use emotion,  
repetition, movement,  
and vision.***
- ***Speak them daily with  
energy – say it like  
you mean it!***





# CONCLUSION

## Your Voice is Your Magic

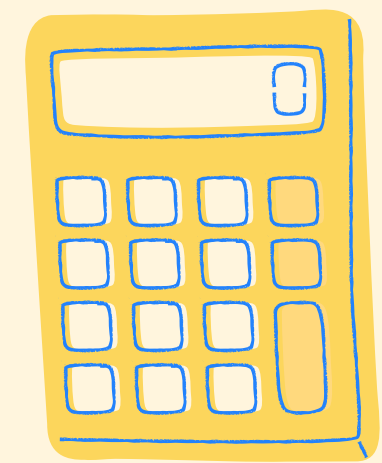
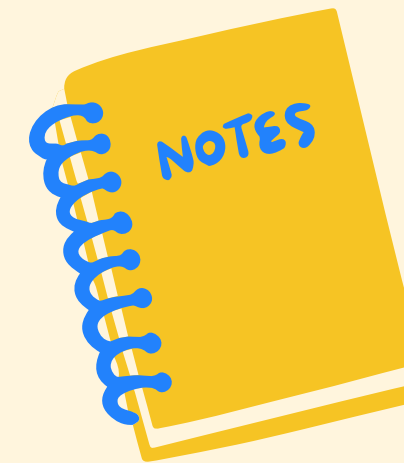
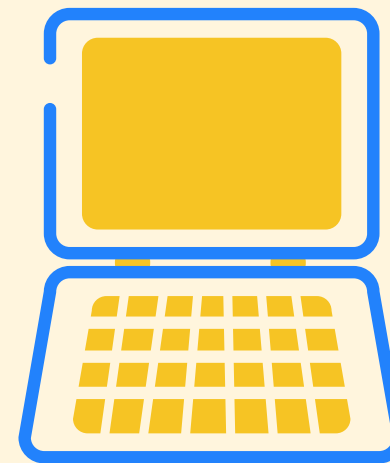
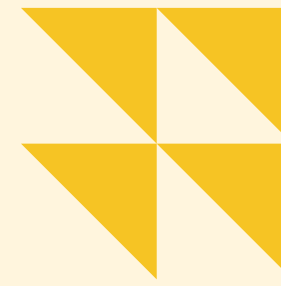
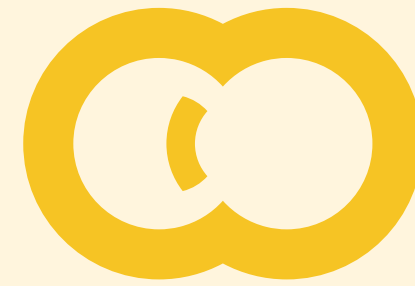
- *Your words can heal, elevate, and transform your life.*
- *Speak like your future depends on it – because it does.*
- *Say it with soul, every single day.*





***When you say your affirmations, do you truly feel the emotion behind them – or are you just going through the motions?***

*My words create my world.*





# ***YOUR TURN!***



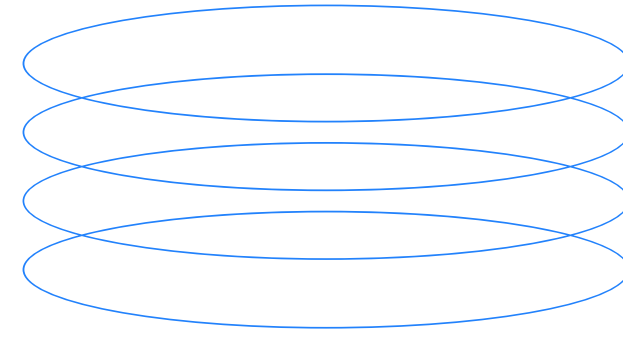
*Share it with a friend or write it on your mirror.*

***WHAT IS ONE POWERFUL  
AFFIRMATION YOU CAN  
SAY TODAY THAT DEEPLY  
RESONATES WITH WHO  
YOU ARE BECOMING?***





# *THANK YOU & STAY CONNECTED!*



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- Phone: +91 93216 09715
- Follow Us: @swasthyabykinjal on Instagram & YouTube

**Say It Like You Mean It**

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