

QUOTES AND AFFIRMATIONS

for Simple, Abundant & Embodied Living



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PODCAST BY JANAE FLETCHER

Selfcare archetypes were created from the lifestyle that Janae developed over the years. Now she shares more about it in her podcast series and on her website.

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EPISODES #40 - 66**

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Self Love

SIMPLE

I am beautiful,
loving, lovable and
so much more,
simply the way I am

ABUNDANT

I have everything
I need to make it a
great day

EMBODIED

I lovingly move my body,
so it can lovingly carry
the weight of my
emotions and show me a
new way of being

Soulful & Heart
Centered

SIMPLE

I will be present in every
moment

ABUNDANT

Abundance
surrounds me today.
I'm going to claim my
share

EMBODIED

Strong Back, Soft Front,
Wild Heart.
~ Brené Brown

Finances

SIMPLE

My income exceeds my
expenses

ABUNDANT

It is easy for me to live a
prosperous and
abundant life

EMBODIED

It is easy for me to live a
prosperous and abundant
life



Boundaries

SIMPLE

No. Is a complete sentence.
~Anne Lamont

ABUNDANT

The key is not to prioritize my schedule but to schedule my priorities.
~Stephen Covey

EMBODIED

No one will listen to us, until we listen to ourselves.
~Marianne Williamson

Community and Relationships

SIMPLE

I only compare myself to myself

ABUNDANT

I belong in a nurturing and amazing community

EMBODIED

I am able to easily move forward in my life

Health in Body, Mind and Soul

SIMPLE

I trust and respect my intuition and my body's wisdom

ABUNDANT

I honor my energy

EMBODIED

My body is healthy; my mind is brilliant; my soul is lively yet tranquil



Creativity

SIMPLE
Creativity is intelligence
having fun.
~ Albert Einstein

ABUNDANT
You can't use up
creativity. The more you
use, the more you have.
~ Maya Angelou

EMBODIED
Learn the rules like a
pro, so you can break
them like an artist.
~ Pablo Picasso

Consumption

SIMPLE
The ability to simplify
means to eliminate the
unnecessary so that the
necessary may speak.
~ Hans Hofmann

ABUNDANT
Abundance is a process
of letting go; that which
is empty can receive.
~ Bryant H. McGill

EMBODIED
Minimalism is the
intentional promotion of the
things we most value and
the removal of anything
that distracts us from it.
~ Joshua Becker

Clarity

SIMPLE
Simplicity is clarity
and clarity creates
simplicity.

ABUNDANT
You must take personal
responsibility. You cannot
change the circumstances,
the seasons, or the wind,
but you can change
yourself.
~ Jim Rohn

EMBODIED
Let your body call you back
into yourself, into your
most deeply embodied self.
Land, dive, soar. Find the
crumbs that lead back
home.
~ Cheryl Pallant

