

FREE EBOOK

EMPOWER YOUR DAY

A Collection of Powerful Quotes &
Affirmations

Includes 21 Pages of Mindful Colouring Exercises!

Empowered
Women
Empower
Women



Designed With Love By Jodine Jean-Jacques

Introduction



Every sunrise offers a new beginning - **a sacred opportunity to realign** with your purpose, peace and power. In a world that often feels fast-paced and overwhelming, *Empower Your Day* was created to help you pause, breathe, and reconnect with the energy that fuels your growth.

This collection of quotes and affirmations serves as your daily reminder that you are more powerful than your doubts, more radiant than your fears, and more capable than you can imagine.

Allow these words to guide you back home to yourself - the self that is rooted in love, courage and authenticity.

Empower Your Day

Chapter One: Morning Empowerment

Affirmations for a Grounded Start

- "I rise with gratitude and step into today with confidence and peace."
- "My energy sets the tone for my day, and I choose calm, clarity and joy."
- "I am aligned with divine timing - everything unfolds exactly as it should."
- "Peace is my power. I am grounded in stillness and guided by love."

Quote to Reflect On:



Each morning we are born again. What we do today is what matters most.

Buddha

Chapter Two: Midday Motivation

Affirmations to Keep You Aligned

- "I trust the process and flow with the rhythm of the Universe."
- "I am focused, balanced, and open to receiving new blessings."
- "My light inspires others to shine in their truth."
- "I am not behind. I am exactly where I need to be."

Quote to Reflect On:



You are allowed to be both a masterpiece and a work in process.

Sophia Bush

Chapter Three: Evening Reflection

Affirmations for Rest, Healing and Release

- "I release all that no longer serves me and welcome peace into my heart."
- "My spirit is restored as I rest in divine grace."
- "I forgive myself for today's mistakes and honour my effort with compassion."
- "I am safe, supported, and deeply loved."

Quote to Reflect On:



The moon teaches us that no matter what phase we are in, we are still whole.

Unknown

Daily Practice

Use this eBook as a spiritual grounding companion throughout your day.

- **Morning:** Choose one affirmation to set your intention.
- **Midday:** Reflect on a quote when you feel overwhelmed or unsure.
- **Evening:** Speak a night time affirmation aloud before rest.

You may also journal your reflections, track emotional shifts, or pair these affirmations with meditation or breathwork sessions.



Empower Your Day

Thoughts From the Author

By Jodine Jean-Jacques, *Founder of One Call Away
The Whole-istic Approach*

This collection was birthed from my own healing journey - moments where I needed a gentle reminder of my strength, grace, and divine purpose.

Every word in this eBook carries the intention to empower, uplift, and reconnect you with your inner light. You are never alone on this journey; you are always *one call away* from guidance, clarity and healing.

As you move through these pages, I invite you to pause when something resonates deeply. Those moments of alignment are your soul whispering. "This is for you."

Let this be your space of peace, power, and personal awakening.

With love and light,

Jodine Jean-Jacques

One Call Away: The Whole-istic Approach

Empower Your Day

About One Call Away: The Whole-istic Approach

One Call Away is a spiritual empowerment and holistic wellbeing brand dedicated to guiding women on their journey toward self-awareness, confidence, and emotional freedom. Through energy healing, spiritual coaching, we help you release blockages, reclaim your power and realign with your authentic self.

Because healing begins within - and you're always one call away from a new beginning.

For the remainder of the eBook are 21 pages of empowering quotes that you can print, colour and laminate to bring these quotes to life at home or at the office.





**EVERY
DAY IS A
FRESH
START**





































