THE INNER CIRCLE AFFIRMATIONS

To Decode + Recode Your Subconscious Mind

September 2026

Spiritual Initiations: Understanding Why You Feel Stuck & Learning How to Move Through It

Prepared with love: Steph Mahony, Founder of *Your Million Dollar Life®*

Print this out. Read these affirmations out loud daily, either in the morning or at night, throughout September.

INTRODUCTION

This month is about understanding the seasons of life when you feel stuck, lost, uncertain, challenged, or as though everything you once knew is changing. Sometimes we immediately assume something has gone wrong. We try to fix it, force an answer, return to what was familiar, or push ourselves forward before we understand what is actually happening within us.

But transformation often happens in stages.

This month, we are going to explore those stages as **Spiritual Initiations** — experiences that can invite us to release an old identity, face what we have been avoiding, deepen our trust, remember who we truly are, and step into a new chapter of our lives.

We will move through five initiations together.

1. **The Crumbling** — recognizing what is no longer aligned and allowing old identities, patterns, relationships, beliefs, or expectations to fall away.
2. **The Void** — learning to trust the uncomfortable space between what was and what will be, even when you cannot yet see what comes next.
3. **The Test** — recognizing when old patterns return and learning to respond from the woman you are becoming instead of automatically returning to who you were.
4. **The Remembering** — reconnecting with your truth, intuition, gifts, desires, purpose, and the parts of yourself you may have forgotten along the way.
5. **The Rebirth** — integrating what you have learned and beginning to create your next chapter from a new identity.

SECTION ONE

The Crumbling

Releasing What Can No Longer Come With You

As we begin, remember three simple truths:

1. Not everything that falls apart is meant to be rebuilt. Sometimes the very thing you are desperately trying to hold together belongs to an earlier version of you. Growth can change what you need, what you tolerate, what you desire, and what feels aligned. The Crumbling invites you to look honestly at what is no longer working rather than automatically trying to return everything to the way it was.

2. What is falling away can reveal what you have outgrown. An ending, disruption, disappointment, or change can expose patterns you could not see while you were inside them. You may recognize where you were settling, people-pleasing, abandoning yourself, living from fear, or repeating a belief that no longer belongs in your future.

3. You can release without knowing exactly what comes next. You do not need the entire new chapter before you are allowed to close the old one. Sometimes clarity arrives only after you create enough space to hear yourself again.

AFFIRMATIONS

The Crumbling (Releasing What No Longer Fits)

- **"I release my need to hold onto what I have outgrown. I decode attachment and recode trust. I become a woman who allows herself to evolve."**
- **"I release identities, beliefs, patterns, and expectations that no longer reflect who I am becoming. I decode familiarity and recode alignment. I confidently make space for something new."**
- **"I release the belief that change means something has gone wrong. I decode fear and recode possibility. I trust myself to find meaning, wisdom, and opportunity within change."**
- **"I allow myself to see clearly what is no longer working in my life. I decode avoidance and recode truth. I become a woman who lovingly chooses what is aligned for her."**
- **"I trust that I can let go without having every answer about what comes next. I decode control and recode surrender. I confidently take the next step I can see."**

SECTION TWO

The Void

Trusting the Space Between What Was & What Will Be

As we begin, remember three simple truths:

1. Not knowing does not mean you are lost. There are seasons when the old version of your life no longer fits but the new version has not fully revealed itself. This space can feel uncomfortable because your mind wants certainty. But uncertainty can also create room for new ideas, desires, possibilities, and directions to emerge.

2. Stillness can be part of transformation. We often associate progress with movement. Yet some of our deepest shifts happen internally before anything changes externally. Rest, reflection, healing, and listening are not necessarily signs that you are doing nothing. They can be part of preparing for what comes next.

3. You only need the next step. You do not need to know how the entire story unfolds. You need enough clarity and courage to take one aligned step. Then another. Movement creates information, and information creates clarity.

AFFIRMATIONS

The Void (Trusting What You Cannot Yet See)

- **"I am safe in the space between what was and what will be. I decode uncertainty and recode trust. I become a woman who allows her next chapter to unfold."**
- **"I release the belief that I need every answer before I move forward. I decode overthinking and recode clarity. I confidently take the next step available to me."**
- **"I trust that stillness can serve a purpose in my life. I decode stagnation and recode becoming. I allow myself the space to listen, heal, and discover what I truly want."**
- **"I release comparison and the belief that I am behind. I decode pressure and recode my own timing. I become a woman who honours the unique unfolding of her life."**
- **"I trust myself even when the path ahead is not yet clear. I decode fear of the unknown and recode possibility. I remain open to directions I may not have considered before."**

SECTION THREE

The Test

Choosing Differently When the Old Pattern Returns

As we begin, remember three simple truths:

1. Growth is revealed in how you respond. You can understand a pattern intellectually and still be challenged by it emotionally. Real transformation happens when the familiar trigger appears and you begin responding differently.

2. An old pattern returning does not erase your progress. You may encounter the same fear, relationship dynamic, boundary, temptation, scarcity thought, or emotional trigger again. Instead of immediately believing you have gone backwards, recognize the opportunity to practice a new response.

3. Every new choice strengthens a new identity. Each time you choose self-respect instead of people-pleasing, trust instead of fear, abundance instead of scarcity, or truth instead of avoidance, you reinforce the woman you are becoming.

AFFIRMATIONS

The Test (Choosing From Your New Identity)

- **"I recognize old patterns without automatically returning to them. I decode repetition and recode conscious choice. I become a woman who responds differently."**
- **"I release the belief that being triggered means I have gone backwards. I decode discouragement and recode growth. I recognize how far I have already come."**
- **"I trust myself to choose what is aligned even when the old choice feels familiar. I decode comfort zones and recode courage. I become a woman who chooses her future over her past."**
- **"I release the need to abandon myself for approval, belonging, or love. I decode people-pleasing and recode self-respect. I honour my truth while remaining rooted in love."**
- **"Every challenge gives me another opportunity to embody what I have learned. I decode powerlessness and recode personal power. I confidently choose the woman I am becoming."**

SECTION FOUR

The Remembering

Returning to Who You Truly Are

As we begin, remember three simple truths:

1. **Healing can reveal what was always underneath the conditioning.** As fear, expectations, old identities, and limiting beliefs begin falling away, you may reconnect with parts of yourself that became buried beneath responsibility, survival, heartbreak, or the desire to belong.

2. Your desires can contain information. The dreams, ideas, experiences, and possibilities that continue calling to you can help you understand what matters deeply to you. Instead of immediately dismissing them, become curious about what they are revealing.

3. Your inner voice becomes clearer when you begin trusting it. Self-trust is strengthened through practice. Each time you listen inward, make an aligned decision, honour a boundary, or follow what feels true, you strengthen your relationship with yourself.

AFFIRMATIONS

The Remembering (Returning to Your Truth)

- **"I remember who I am beneath fear, conditioning, expectations, and everything I learned I had to be. I decode performance and recode authenticity. I become a woman who is fully herself."**
- **"I honour the dreams, desires, gifts, and ideas that continue calling me forward. I decode dismissal and recode possibility. I give myself permission to discover where they may lead."**
- **"I reclaim the parts of myself I once abandoned in order to belong. I decode self-abandonment and recode wholeness. I become a woman who belongs deeply to herself."**
- **"I trust the wisdom within me more every day. I decode external validation and recode inner authority. I confidently listen to my intuition and truth."**
- **"I release the belief that my past determines who I must continue to be. I decode limitation and recode possibility. I remember that I am free to choose a different future."**

SECTION FIVE

The Rebirth

Becoming the Woman Who Creates Her Next Chapter

As we begin, remember three simple truths:

1. Rebirth begins with identity. A new chapter is not created simply because circumstances change. It begins when you start thinking, choosing, responding, and living differently. Your outer life begins changing as your inner identity changes.

2. You do not have to return to who you were. Healing is not always about getting the old you back. Sometimes transformation introduces you to a version of yourself who is wiser, clearer, stronger, softer, more discerning, and more aligned because of what she has lived through.

3. Getting unstuck requires movement. Eventually reflection must become action. You begin applying what you have learned, making different choices, saying yes to new possibilities, saying no to what no longer fits, and participating in the creation of your next chapter.

AFFIRMATIONS

The Rebirth (Creating Your Next Chapter)

- **"I give myself permission to become someone I have never been before. I decode attachment to the past and recode expansion. I welcome the woman I am becoming."**
- **"I make decisions from the future I desire rather than the fear I have survived. I decode survival and recode creation. I become a woman who consciously creates her next chapter."**
- **"I welcome relationships, opportunities, abundance, purpose, and experiences that reflect who I am becoming. I decode settling and recode receiving. I allow myself to experience more."**
- **"I trust myself with the life I am asking for. I decode unworthiness and recode capacity. I become a woman who can receive, hold, and grow the life she desires."**
- **"Every thought I think, every choice I make, and every action I take is creating my next chapter. I decode stuckness and recode becoming. I confidently step forward into the extraordinary life I was created to live."** ***And so, it is.*** 🖤