

**Your Daily
Dose of
PositiviDee**

Dee DiFatta

Green Heart Living Press

Your Daily Dose of PositiviDee

Copyright © 2021 Dee DiFatta

All rights reserved. No part of this book may be used or reproduced by any means, graphic, electronic, or mechanical, including photocopying, recording, taping or by any information storage retrieval system without the written permission of the publisher, except in the case of brief quotations embodied in critical articles and reviews.

ISBN (paperback): 978-1-954493-01-8

ISBN (ebook): 978-1-954493-03-2

Cover photo by Dee DiFatta

Back Cover Portrait by Sandra Costello

Edited by Casey Banville

Dedication

To my soulmate Mike, I love you for supporting me and accepting me, flaws and all. You are a bright light in my world and I thank you for always loving and believing in me.

Introduction

In the past, I was so scared to be authentically me. I felt insecure, inadequate, and unworthy. I believed that I had to “Fit In” and please others in order to be loved and accepted. By the time I got to High School, I had become an overachieving stressed-out perfectionist, and I wore this as a badge of honor. When I did not feel overwhelmed, I felt like I wasn’t doing enough. By going and doing, I felt worthy and depleted at the same time, I got lost in who I thought I “should be.” And by being negative, fearful, and sarcastic, I created a painful reality.

It was not until I was diagnosed with Multiple Sclerosis a few months after I graduated college that I realized something had to change. I was awakened with a new awareness that I had been taking life for granted. Although we do not get to decide what we are challenged with in life, we have absolute control over how we deal with it. And I chose to be positive.

When I made this internal shift from fixating on what was going wrong to being grateful for every little thing in my life, my world changed. I began to see life from a new perspective. I realized that I was not destined to doom and gloom. I may not be able to change my

past, but every day is a new day to script a new chapter in my story. I have redefined MS as Modified Swagger and Motivational Spitfire and I have redefined myself as “A Work in Progress.”

I am blessed with the awareness that what you think, you create, and what you speak, you affirm. I have found my way out of the darkness and into a place of unlimited possibilities. And now that I have opened this gateway for myself, I am illuminating a path for others to access their boundless potential.

PositiviDee is not about rainbows and unicorns. PositiviDee is an attitude, an awareness, and a perspective. It illuminates you from the inside out and encourages, supports, and guides you to be authentically you. It is positively liberating because it gives you guidance to set yourself free from limiting self-doubts and insecurities. PositiviDee is an invitation to own your uniqueness and your potential for greatness.

Your Daily Dose of PositiviDee

January 1

Perspective
and
PositiviDee
can inspire
peace and
harmony.

January 2

In order to
receive,
you must
be open to
receiving.

January 3

Life doesn't
come with a
script or an
instruction
manual.

You are the
author of your
own story.

January 4

“Normal” is
boring.
Keep life
interesting by
embracing your
abnormalities
and celebrating
your
uniqueness.

January 5

When you are
enduring life,
you block your
blessings.

But when you
embrace life,
a gateway opens to
endless possibilities.
So, don't just
endure life;
embrace it.

January 6

In order to
“Go with the flow,”
you must be able to
let your perfectly
detailed agenda go.
Sometimes the
things that happen
spontaneously are
even better than
what you had
originally planned.

January 7

Try laughing at
your unforeseen
circumstances
from time to
time.

Humor can be
incredibly
healing.

January 8

This too shall
pass.
Maybe not
today
and maybe not
tomorrow,
but this too
shall pass
eventually.

Your Daily Dose of PositiviDee

January 9

Rest
and
reflection
produce
revelations.

January 10

The more you
affirm,
“I am proud
to be
authentically
me,”
the more it
becomes your
reality.

January 11

Every journey
begins
with a single
step.

And every
dream requires
a leap of faith.

January 12

Surround yourself
with a positive
community.

They will inspire
you to learn more,
love deeper,
and accept
yourself for who
you are.

January 13

We all have our own
unique crosses to bear
whether they belong to
us personally or we are
carrying them for
other people.

But if we take life one
minute at a time,
it makes it easier to keep
things in perspective
and persevere.

January 14

By trying to
“Fit In,”
we lose a part of
ourselves.
Don't allow
social anxiety and peer
pressure to coerce you
into being ordinary.
You were born to be
EXTRAordinary!

January 15

Challenge
yourself to
experience
new things
outside of the
safety bubble you
have created for
yourself.

Your Daily Dose of PositiviDee

January 16

Be curious
as to what
lies on the
other side
of your
comfort
zone.

Your Daily Dose of PositiviDee

January 17

You are not
limited
by your
limitations.

January 18

So many of our fears
are exacerbated by
our own thoughts
and judgements.
Just remember that
fears are not facts.
They are just beliefs.
And YOU have the
power to fuel them
or diffuse them.

January 19

Don't be afraid
to share your
story.

A bad chapter in
your life can be
an inspiration
to someone else.

Your Daily Dose of PositiviDee

January 20

Your spirit
can be
bruised,
but it can
never be
broken.

January 21

Have fun
with the
journey.
Life is not
all about
the
destination.

January 22

By re-defining
yourself as
“A Work in
Progress,”
you can let
perfection go
and allow your
potential to
flow.

January 23

Everything you have
experienced in your
lifetime,
(the good, the bad,
and the ugly),
has played a part in
who you are today.
And when you look back
and observe the
BIG picture,
it's magnificent and
so are you.

January 24

The only way
anyone or
anything can
bring you down
is if you let
them,
and that is not
an option.

January 25

It's time to release
your attachment to
how other people
perceive you and
stand confident and
courageous in the
truth of your being.
You were not born to
be a follower.
You were born to be a
leader and show
others the way.

January 26

Nurture your spirit
by focusing on
simple things that
bring you joy.

For instance,
pet a dog or a cat.
Watch a funny video.
Spend time outside
observing the beauty
of nature.

January 27

As you go through life,
do not lose sight of your dreams.

Sometimes we get so
overwhelmed with
our day jobs, our families,
our chores, and our obligations
that we put our dreams on hold
indefinitely.

You don't have to clear your
head and your calendar
in order to nurture your dreams.

Just be consciously aware of
setting boundaries and making
your dreams a priority.

January 28

Give yourself
permission to
take a break and
take care of
yourself.

No one else
knows what you
need more than
you do.

January 29

Asking for
help is a
sign of
strength,
not
weakness.

January 30

Don't compare
yourself to anyone
else.

No two humans
are exactly alike.

We are all at
different stages in
our self-discovery
journeys.

January 31

Challenge yourself to
learn or do
something new
every day.

By staying curious,
you build the
muscles in your
mind and you move
forward with more
confidence and
momentum.

February 1

Tell fear that
its reign of
power is over.

Your
indomitable
spirit is
taking over.

February 2

In order to truly
grow,
you must be
willing to let go
of the status quo
and allow your
creativity to flow.

Your Daily Dose of PositiviDee

February 3

Struggles are
not meant to
stop you.
They are meant
to make you
stronger.

February 4

Always seek to
understand.
Stop assuming
you know it all
and allow yourself
to entertain
different
perspectives.

February 5

You don't have
control over
people's actions,
but you have
absolute control
over your
reactions.

Your Daily Dose of PositiviDee

February 6

Lean into
change.
Evolution is
empowering.

February 7

Your purpose is to
trust and accept
who you are in
this moment and
set an intention
for
who you want to
become
moving forward.

February 8

By believing
in yourself
and having
faith,
anything is
possible.

Your Daily Dose of PositiviDee

February 9

Connecting
with others
and sharing
your stories is
food for the
soul.

February 10

Just because you live
in a world of
immediate
gratification,
does not mean that
you can expect
change and
transformation to
happen right away.
The seeds must be
planted and given
time to grow.

Your Daily Dose of PositiviDee

February 11

Adopt a
positive
attitude by
focusing
on
gratitude.

Your Daily Dose of PositiviDee

February 12

Try adjusting
your mindset
to create a
shift in
momentum.

February 13

In order to turn up
the volume and the
vision of your
deepest desires,
you may have to
turn up your
vibrations.

Surround yourself
with things that
bring you joy.

February 14

Always seek to set
the bar higher
than your
comfort level.

By aiming higher,
you will be more
empowered and
feel increasingly
energized.

February 15

You were born
into a world of
infinite color
and
possibilities.
Don't get stuck
living in the
grayscale.

February 16

A butterfly cannot
transition back to a
caterpillar,
and you were not
meant to convert
back to the old
version of yourself
either.
Keep evolving and
moving forward.

February 17

Don't allow
yourself to get
consumed by
the material
world.

You are just
the consumer.

February 18

You can fixate on
life being tragic,
or you can focus
on life being full of
magic.

But be forewarned,
your energy flows
where your
attention goes.

February 19

If you want to
change how
you see the
world,
you must allow
yourself to
go within and
be the change.

Your Daily Dose of PositiviDee

February 20

When you are
optimistic
and
determined,
growth will
lead to
greatness.

February 21

Stop dreaming about
what you want to do in
life and just do it.

Set an intention
and commit to it.

You don't have to know
how to make your
dreams come true.

Just take consistent
action every day,
and your plans will
come together before
your eyes.

Your Daily Dose of PositiviDee

February 22

Believe in
what you
cannot see,
and it will be.
There is
magic
everywhere.

February 23

It's easier to travel
with less baggage and
negativity weighing
you down.
So, before you leave
the house,
pack your bags with
confidence and
courage,
and leave the self-
doubts and worry
behind.

Your Daily Dose of PositiviDee

February 24

True love is
an inside job.

You were
born loved,
loving,
and lovable.

Your Daily Dose of PositiviDee

February 25

Bring the
S.M.I.L.E.
factor into your
life.

Self-Awareness

Motivation

Inspiration

Love

Empowerment

February 26

Although you may
seek love, acceptance,
and validation
from others,
they all exist
within you.
In order to
access them,
you must spend some
quiet time with
yourself.

February 27

Change does
not bring pain.
It's the
resistance to
change that
causes
discomfort and
frustration.

February 28

The past has
passed.

Focus your
attention on
what you can do
in the present to
elevate you to the
next level in the
future.

February 29

Have FUN
getting things
done.

You do not have
to treat
everything in
life as a chore or
an obligation.

March 1

Whether you are
taking one step
forward or ten
steps backward,
you are still
moving.

Be grateful in the
process of your
journey.

March 2

You are going to
receive life advice
from countless
people.

Take what you
need and leave the
rest behind.

You are not obliged
to follow the
leader.

You are the leader.

March 3

Your insecurities
can cripple your
creativity.

Be aware of how
you are feeling and
if you feel stuck,
stop, pause, and
re-adjust.

Your Daily Dose of PositiviDee

March 4

Love gives
us the
power to
overcome
every
challenge
we face.

March 5

In order to stay
confident,
stop comparing
yourself to other
people and only
compare yourself to
who you were
yesterday.

If you are not happy
with the progress you
are making,
stop, pause, and re-
evaluate your path.

March 6

Befriend your
fears and allow
yourself
to steer.

Put fear in the
backseat and
take your power
back.

March 7

Allow yourself to take a deep cleansing breath.

Breathe in through your nose and out through your mouth.

Do this again and pay attention to how you feel.

Breathing inspires healing.

It has the power to refresh and renew your mind, body, and spirit.

March 8

When you feel
depleted and
out of energy,
stop, pause, and
breathe.

You need to
recharge your
batteries.

March 9

You may have big plans
for yourself but
sometimes the
Universe has even
bigger plans for you.
Don't allow yourself to
feel rejected or dejected
if your plans
don't work out.
Just keep thinking that
something better is just
around the corner.

March 10

Keep in mind that
spirituality is not
the same thing
as religion.

You do not need to
belong to a church
in order to believe in a
Higher Power.

No matter your
frustration or dis-
connect with religion,
spirituality is all loving
and accepting.

March 11

Just because someone
told you to be quiet in
the past,
does not mean you
have to silence
yourself going
forward.

Your voice matters
and if you feel
inspired to share
something,
speak up and speak
out.

March 12

When things seem
bleak,
look back on how far
you have already
come on your
journey.
You are amazingly
resilient.
Stay focused on your
purpose and
persevere.

March 13

Give others the
opportunity to choose
their path in life.
Everyone needs to be free
to make their own
mistakes
in order to learn new
lessons and get stronger.
Stay focused on your story
and lead by example.
You are a better guide
when you walk the walk
you speak than by just
talking the talk you
believe.

March 14

Always be open
to constructive
criticism.

No matter how
brilliant
you are,
you do not
know
everything.

March 15

In order to
access
your power
within,
you must first
take
responsibility for
your life and the
choices you
make.

March 16

Life is not always rainbows
and unicorns,
but it's not always the
constant struggle and crisis
we perceive it to be either.

Darkness and light exist
within you and around you at
the same time.

**And YOU HAVE THE
POWER TO CHOOSE!**

Are you going to choose to
stay in the darkness and
suffer?

Or are you going to choose to
dig deep,
turn up the light within you,
and shine bright?

March 17

Allow
yourself to
dream big.
And then,
commit and
act on your
big dreams.

Your Daily Dose of PositiviDee

March 18

Stop sitting
on your
assets and
move
forward
with
confidence.

March 19

Don't beat yourself
up for resisting
transformation.
It is challenging to
let go of who you
have always been
and embrace who
you are becoming.
Give yourself time
to adjust and
accept the process.

March 20

Give your mind a
break.

Even computers
need time to
reboot.

Sometimes the
answers you seek
appear when you
are resting.

March 21

As you become
awakened to
new awareness
and different
perspectives,
a gateway
opens to your
unlimited
potential.

March 22

You have the
power to create
your reality with
your thoughts,
words, and
actions.

Always strive to
create peace and
joy by living in
harmony and
enthusiasm.

Your Daily Dose of PositiviDee

March 23

Be ready to
release the
familiar
in order to
embrace
the
fabulous.

March 24

Your
perceptions are
based on beliefs.
They exist only
in your mind.
Don't allow
these illusions to
create
confusion.

March 25

In order to
find peace in
the world,
you must
first be at
peace with
yourself.

March 26

As changes occur
in your life,
trust that the
Universe is
guiding you
towards new
beginnings that
will be better
aligned with your
purpose and
passion.

March 27

Just because you
have always been
a certain way,
does not mean you
have to stay that
way forever.

You get to choose
who and how you
want to be.

March 28

When you feel uncomfortable in your own skin and you feel out of balance, chances are that you have evolved and grown out of something in your life. Allow yourself time to ponder this situation and then persevere.

March 29

The path to self-
discovery and
enlightenment is
guided by the
Universe.

So, don't be
surprised when
you have to take a
U turn.

The path you seek
lies within.

March 30

You have most likely modeled your life after the people you learned from growing up. But always be open to new ideas, perspectives and possibilities so you can continue to grow.

March 31

Your body gets stiff
when you don't stretch
it and your mindset
gets rigid when you
think the same
thoughts
every day.

It's time to start doing
some mental exercises
and loosen things up
by entertaining new
perspectives.

To read more,
get Dee's book
on Amazon
[here](#).

Or get a signed
copy [here](#).