

HOOD NIGGA AFFIRMATIONS

A Collection of Affirming Anecdotes
for Hood Niggas Everywhere



KRIS ATKINS

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DEDICATION



To: My Unborn Son

Man, believe you me when I say yo Daddy really loves you! It's very important to me you know that undoubtedly. The love I have for you didn't just begin the day you were born. I've been feeling this way about you since you long before I ever laid eyes on you. In fact, for a very long time I've been praying and preparing myself for you. This book represents the manifestation of what I've learned over the years in preparation for your arrival. These affirmations are the thoughts I utilized to train myself to focus on while going through some of the toughest times of my journey. I dedicate this book to you so that you would know if and when you ever question yourself, your value or if anyone cares for you, you could look at this book. All my hard work, everything I endured, I made it through because I kept focused on my goal of securing a better future for you. With all my mind, my heart, and my soul; I love you, Son!

FOREWORD



One of the first of many conversations I had with Kris Atkins about mindfulness was in the parking lot of a burger joint. As we stood next to a major highway, he talked about how the optics of belonging in one space aren't the same as belonging in another space simply because the core group of people is there. Basically, how one might seem from the outside looking in. Like an apparition, he appeared between two cars (neither of them his) just as I left in the middle of a Thursday night comedy show. Having observed me talking with some of the comedians before the show, he wanted to share notes with me about what he observed and how I might seem, or appear, to people who don't know me.

Throughout the years, our conversation shifted to how he appeared or belonged in rooms with people of different backgrounds: first, as a comedian, then as a Black man, and finally, as a Texan living in New York. Though he consistently asserts that he belongs, he must work on making himself legible to his audiences "off stage." I understood his use of affirmations as a secret weapon to navigate the world within and outside of our community. Working to be successful as a Black man in America, as a stand-up comedian, and as his momma's only son committed to carrying his entire family on his back,

he has affirmed and uplifted many people who feel like the cards are stacked against them.

An old man's wisdom is presented humorously and thoughtfully in this series of 'Hood Nigga Affirmations.' There has always been an affirmation between black men of what they feel, what they experience, and where they belong within society long before mindfulness gained popularity. Although the inclusion of black men in American society has not been as ideal in some areas as it should be, black men have long been associated with progressive values, from human rights to civil rights. A wealth of wisdom is contained within Kris Atkins' affirmations, revealing to us a dialogue between Black men that takes place behind closed doors. There's no doubt about it; by reading this work, you can expect to be affirmed, encouraged, and educated as the expertly written and contextualized work is prepared for a culturally aware audience by a "hood intellectual."

Myeshia C. Babers, Ph.D.

September 2021

Hustlers Prayer

When I rise, and It's time to grind

I thank the Lord for one mo time

Because I know He's already made a way for me

I show love abundantly with joyful expectancy of what the
day may bring

Amen

Affirmation (my definition)

A quick lil specific descriptive positive statement literally that starts with me, is all about me, and all I desire.

INTRODUCTION



The year 2020 was an extremely emotionally turbulent year for me, and I'm sure millions of people all around the world can identify with me as we were all in the middle of the COVID-19 global pandemic. Personally, I experienced multiple deaths of close family members and friends, a break-up, contracting the virus itself, and the devastating effects the virus had on the industries I work in. Throughout this ordeal, faced with so much grief and adversity there were times when I was brought to my knees and I really didn't feel inspired to do a goddamn thing.

After feeling that way for a while, I knew I needed to do something to stop myself from spiraling out of control. I was aware that given my past of struggling to see the positivity in situations had been a weakness of mine and would continue to hold me hostage if I didn't figure out a strategy to deal with it. That was until this one peculiar day for whatever reason I made the decision that from henceforth, I would sarcastically acknowledge how I really feel while simultaneously "fakin the funk" by hyping myself up; positively motivating myself with whatever inspiration I needed to bear. And wouldn't you know the more I would "fake the funk", the better I felt. I remember how I felt the day I was convinced it was working. I'd messed around and really motivated my own self to pick up a pen and start back writing. I felt

a strong sense of accomplishment when I came to understand that I'd learned how to will myself through some very dark times by inadvertently teaching myself how to cheer for me!

As the old saying goes "it's only so long you can keep a good thing to yourself", so before I knew it my "faking it" encouragement would seep into conversations with others. After a while I noticed how collectively people started saying I was right and how what I was saying was encouraging to them in their situations too. One day a friend just asked me, "So when are you going to go ahead and write this book?". I agreed that was the right decision and shortly after that conversation I got to work on this.

Now here we are, I wrote this book specifically with hood niggas on my mind. It doesn't matter whether you're young or old, made it out or still stuck in the trap, street nigga, degreed, clergy, blue collar, entrepreneur, ball player or somewhat of a square like me; hood niggas need to be loved and affirmed too! This is a book written for us by a nigga from the hood. I promise you I wouldn't come with no bullshit or waste your time with this if I didn't truly feel in my heart that other niggas could use this too. Through my own research and experience I've determined this cliché to be true "Positive thoughts bring positive actions which yield you positive results". Keep doing it long enough and watch you flip yo whole situation to some positivity you never imagined. Oh, and FYI I didn't write long ass passages either, I respect yo time, and I think sometimes it doesn't take all that. I know you got other stuff you could be doing so I'm just going to get this to you right quick.

SECTION 1: UP AND AT EM



Go Getter

I can't tell you how many times I've allowed hesitation and procrastination keep me from reaching goals I'd set for myself. In fact, just the thought of all that squandered potential is what now keeps me in attack mode "*Attack mode is when you're persistently getting after it*" pursuing my goals. Nowadays I'm aware of how applying immediate and persistent pressure drastically increases my chances of obtaining my goals. I also noticed how I feel most confident whenever I'm giving all I've got to whatever I'm doing. So I made it up in my mind that henceforth, I'd give my best effort if I'm going to do anything at all.

I wake up everyday like it's payday. I wake up everyday like I got notifications for direct deposits that just posted

I wake up happy, dancing all in the mirror and shit. My confidence is so high I'm practicing how to accept a job I haven't even applied for yet.

I'm dressed to the 9's in whatever vibe I felt like hitting 'em with. I'm strutting around like there's a camera crew following me around and only I'm aware of it.

I'm speaking and making eye contact with everybody I pass. I act like they're my employees and I'm the kind of boss that shows you how much I appreciate yo ass.

Everyday I accomplish something that's got to do with goals I've set for myself! I'm always bout that action! As soon as I recognize an opportunity, I snatch it!

"You got to go head, if you gone go"

--Clifton Gilliard

SPACE AND OPPORTUNITY

I remember being around 24 years old when I decided **I see Responsibilities as Representations of Confidence in me**. Because there's always a lot for me to do, that affirms that there's got to be a lot of belief in me too. So now when I find myself in situations and spaces where I can feel the pressure of the environment, I see these as tailor made opportunities for me to showcase my skill set. Also after these lessons I notice I'm often left with new unlocked tools I was unaware I possessed prior to accepting these new found responsibilities.

I'm grinning because I know the fighting I feel in my spirit is my persistence serving notice to my procrastination that it's being evicted.

I'm locked in and focused on maintaining and expanding positivity all around me. I only entertain/give my energy to stuff or people that I can profit from or will positively contribute to my well-being.

I send negative emails straight to spam and texts that ain't bout a come up getting left on read. I'm about my business. I don't participate in foolishness. I respect and make the most of my time. I'm greater than b.s. immaturity and foolishness.

I appreciate everything on my to do list, it proves to me I be out here doing and not just talking about what I want to see. I'm happy to wake up with a lot to do for the

day, it means two things: 1) people are relying on me and 2) somebody's going to have to pay me for that reliance.

I choose to see certain situations as necessary interruptions that help the maturation of my perspective. I celebrate the new tools and knowledge obtained that came as a result of my perspective changing. All things happen for me! I feel closer and closer to greatness the more I'm able to handle situations appropriately.

The Game Need Me

The advice I give to all parents is, “tie your children to their environment early on in their life”. By doing this they are taught the role they play in maintaining and improving the world around them. As a little boy I was taught not to discount or minimize my own or the contributions of others to society because “it takes all kinds of people to make the world go round”. The same can be said about life, everybody’s got something to add to the conversation, a unique perspective all of us can benefit from. According to The Atkins Institute of Research Studies (also known as, my own personal observations from years of people watching and just paying attention to stuff), one of the leading causes for my frustrations is the lack of not fully understanding who I am or what I’m supposed to be doing with my life. It hurts to wake up day after day walking around not knowing what my purpose is or what I should be doing. Still ***I accept who I am now and I encourage myself to become who I want to be.***

“There’s the person you want to be and the person that you really are; the sooner you reconcile that within yourself, the sooner you can move forward making the life you want to live.” -- K. Atkins

I walk in every room knowing there’s always going to be eyes watching me. I automatically make people feel more hopeful around me just because of the temperament I bring. I naturally inspire the streets, my hood, my church, and anywhere else I choose to be.

My life is filled with met expectations, connections, and patience. All I see is blessings around me when I look at my reflection.

It's something special about me, something unique only I bring! I'm Blue Magic to the streets and God's the Sower is sittin back watching me, the Workman serving His word to the fiends.

I'm comfortable in my own skin. I emphasize what I'm good at. I'm Smart, I'm Gentle, I'm Kind, I only say things that are pleasing to God's ears! Whenever speaking about myself or others, if it's not encouraging or constructive criticism, you won't hear it from me.

Life has taught me the value in and power of me being my own first love. I affirm myself and all that's special about me before I seek the approval of anyone else.

What I have to offer to the world is wanted and needed. I keep focused on the possibility and don't let myself become discouraged by what could impede me.

Go Hard or Stay Home

I remember when I was a little boy playing little league football, whenever someone would be involved in a hard collision our coach would say to whoever, “Are you hurt or are you injured? If you’re injured I can get you some help but, if you’re hurt that’s something you have to figure out on your own”. Sometimes I get injured and in those times I’ve got to be responsible enough to admit I’m not alright and I need to get assistance. Then there are times when life has just knocked me on my ass and I just sit there crying about it; in those times I have to decide whether I’m going to sit there and keep taking it or will I get up and fight back.

I woke up, threw on some nice clothes and my favorite cologne; no matter what the day brings, I’m in these streets getting my shine on.

I love competition and pushing myself past my limits. I’m commit to doing better than I did the last time with whatever I’m doing.

I’m always welcomed and invited back to the places I choose to go. I make impressive first impressions. I connect and affect positive change. I am effective!

If for whatever reason I can’t be regular me, I’m big enough to admit that something’s off. I’m ok passing up an opportunity and taking some time off to see about me.

I'ma give them the whole thang if I'm going to give anything at all. I don't do moderation whatsoever I choose, I go balls to the wall.

It Ain't For the Weak

The desire to live in Glory but fast forward through the story is the stuff pre-madonna's are made of! Where they do that at? My Answer, "any place that's bound to fail". Like a house that's hollow on the inside lacking all sorts of structural, electrical, and plumbing integrity but has fresh paint and a great looking exterior. The Bible speaks of the importance of building a house on solid rock and how that house is sustained throughout the winds, rain, and floods that will come. That's why I don't run from storms because my foundation is solid. When it gets hot in the kitchen, I take a sip of cold water, wipe my sweat and get back to flipping the chicken. **I stand up tall to meet challenges and never fold. Even when the deck is stacked against me and I'm standing alone. When tough times come, I knuckle up cause sometimes I have to fight!**

I am a responsible global citizen. Anything that goes down on my watch I'll be damned if I don't deal with it. Might take me a lil mo effort but I'm equipped to handle it.

If it was easy everybody would be doing it. Quitting because something is challenging just sounds weak to me and I'm better than that, Period!

It fell on my shoulders because I'm the best man for the job. If I run it proves I'm a fraud but staying and overcoming builds my character and makes me feel like I'm 10 feet tall.

I am focused. I am diligent. I'm committed to doing whatever it takes to win.

If worrying about losing is keeping me from attempting, then truthfully I'm not ready to win yet. The responsible thing for me to do would be to first deal with the doubt in my heart that renders me hesitant.

I give little thought to fear or whatever I may come up against, because I know what I've already accomplished and the stuff I'm made with. No matter what's going on I believe in my ability to overcome any situation I'm facing.

SECTION 2: TIME OUT FOR THE B/S



Go Home Bro You Sleepy

I've worked a lot of labor jobs over the years, to keep the lights on, if you know what I mean. One technique I learned a long time ago to help save my back is, Power Zone Lifting. It is defined as lifting close to the body, between mid-thigh and chest height; one of the key principles of workplace ergonomics. It decreases the chance of injury. Because I understand common sense to mean applying the knowledge of one function to another unrelated system; I apply this principle of Power Zone Lifting to various areas in my life and relationships. I move with integrity at all times. **I'm a straight shooter. If I just don't have it, I'm honest about my compliance. If something's not for me, I know I'll be alright without it.**

I am a spiritual being having a human experience. My body requires rest for optimal performance.

I am no good to myself and definitely nobody else if I'm not operating at my best. I'll end up hurting more than I help when I go against my gut feeling.

I give out of abundance! I can't give what I don't have!

The best thing about going home is what's waiting for me there. My home is my refuge from the world. The people I love the most, the food, and things that make me happy can be found there.

At a certain point I ask myself, just what are you trying to prove? The streets are for everybody and they never lose. Meanwhile I got a whole domicile with a comfortable bed, warm shower and food. I'm not missing anything, let me take my sleepy ass home, I'm thren.

Chill Bro.....You Good

For my 30th birthday I made a promise to myself that I would stop getting into arguments with people in general but more specifically random strangers. One night while out with some friends at a popular bar in Houston I was talking to Money, and some bull was going on around us he got to talking about how niggas always have to fight and all that carrying on. That's when I told him, "If I know better, I show better. But if I can't I ain't gone do no better, because I don't know no better". To whom much is given, much is expected. Because I have "good sense" I feel it necessary to be the bigger person in situations that can be considered frivolous. **I say less and if need be excuse myself. I have what I need. I impress myself.**

At a certain time all the strife, fussing, and cussing gotta cease. I recognize dragging stuff on and steady bringing old stuff up is what causes stress. I live in a constant state of harmony with myself, I'm at the age where it's time out for that bull, I value my rest.

It's important that I'm in harmony with the people and space around me. I like to make it comfortable for myself and people to express ourselves freely, respectfully, and responsibly.

Whenever crazy stuff starts happening I keep my composure, hold my head and keep my seat. I don't have to react because I'm confident in myself and my ability. When the smoke clears and everything settles I'll still be here 10 toes deep!

I don't trip about anything in my past, a lot can be said but never will you hear a truthful story about how I did somebody bad. I show love to everybody. I refuse to talk bad about anyone, even the ones that threw dirt on me.

I let hope and desire inspire me. The wisdom from stuff I've been through in my life is what guides me. To live Rich in every aspect of my life, take care of my business, and have money so long I need help to spend it is the ultimate goal for me.

If It Ain't Live, It Ain't Me

I used to and still do get in my head about stuff. To the point where I will allow my thoughts about a past event or the anxiety to control my present feelings and mood. That was until one day I discovered a technique I use to ground myself when I feel myself starting to trip. I check in with all of my 5 senses to get me back present to what I could actually be doing. If whatever I'm experiencing isn't present I gotta realize it's me tripping with myself. I am accountable. **I am honest. I'm real with myself. I'm capable of disciplining and encouraging myself. My situational awareness is keen.**

I focus on what is and resist using my time to worry about what isn't.

I'm neither regretful about the past, nor am I anxious about the future; instead I'm fully present in today!

I release my anger and I don't trip over no lost profits or missed opportunities. Instead my reaction will be a greater appreciation shown for the things and people that remain with me.

I'm so optimistic and constantly living with a feeling of expectation that even through misfortune I can recognize blessings in a messed up situation.

I'm cool with being excluded that means whatever it was ain't meant for me and I'm therefore relieved of any

responsibility that would've come with that person or thing.
And that's alright with me.

Two Tears In A Bucket

In 2016 I was introduced to personal development and through training I was able to form and sign a contract with myself. That contract holds me to my highest standard of operations and constantly reminds me to be the best version of me I can be by always being a Loving, Authentic, and Connected Man! #LT 142 **I'm proud of every part of me. I love my strengths just as I love my vulnerabilities.**

I'm allowed to feel however I feel about whatever cause I'm human and I experience stuff I may not agree with or understand. Emotions don't make me weak, they confirm where my heart stands.

After the storm is over and I'm once again fairly certain, I respectfully mourn what's gone and the space in my life that's now vacant. It's ok to admit I care and the hurt I feel from the loss of something or someone has been taken.

I admit when something hurts me! I don't lie or try to fake it. I vent about it and move on cause I be damned if I just sit quietly or lay there and take it. I express my feelings cause that's one of the reasons God made me.

It's only so long I'm going to sit and cry about something before I decide to get up and do something about it. I'm not a victim and I damn sure ain't helpless. Fool I'm the colonel of the MF tank and ain't no limit to my options!

When the dust has settled and the smoke has cleared, I count my blessings and take inventory of what's still here. A sense of calm comes over me as I realize the only thing that can stop this mission is the reflection I see staring back at me.

Rest Is For The Weary

There's a popular saying, "sleep is the cousin of death" and I totally disagree. My bible says, "For everything there's a season" and that means rest is necessary. We live in a society that glorifies the "fast life", instant gratification and trying to keep up with ever changing trends or just the constant pressure of social media and 24hr news cycles. All of it is dumb to me because I can't take none of this with me when I die. So **I move with due diligence because I believe I can't ever miss out on anything that's truly for me.**

Rest is for the weary, and subject to everybody. Resting doesn't make me weak, it just means my body is tired!

Sometimes I need to just sit down because I'm not a machine! I've learned in those times all I need to do it is to rest, relax, and not another goddamn thing!

I go hard in my working so I go just as hard in my resting. I recognize them both as necessities. I rest to prepare or restore myself from a day of flexin. This is a non-negotiable, if I neglect resting my body will literally take it.

I rest whenever I feel tired even if physically I've done next to nothing! It doesn't have to look like I'm tired because mentally and spiritually I could be really going through it.

I recognize rest was designed by God, it's how He repairs me and updates my operating system. Rest keeps me sharp out there in them streets , helps me to steer clear of bullshit and keeps me on track and focused on my mission.

SECTION 3: PLAY YO ROLE



You Can Keep That lil Cookie

I've always prided myself in my ability to exercise good Dick Management. Knowing who and when I should and shouldn't indulge sexually is an important disciplinary function in my opinion. This became important to me as a teenager, coming up seeing all the effects of having children out of circumstance instead of love and how all parties involved usually suffer. It is my belief that procreation is a spiritual ritual that society has severely devalued. Now what we have are a bunch of people using sex to try to fill voids or find love in places where love should be the prerequisite to enter into. Sex has turned into something society has accepted as Social and detached from its consequences and implications. And I ain't with it! **What I have between my legs is special. I only have sex**

with women who are indeed eligible and I don't make exceptions.

If hollering at you is gone leads to us screaming and fighting eventually, you can keep that cookie; I prefer having my peace.

If messing with you means I got to deal with a situation, an explanation, or either of us got somebody else at home waiting, I ain't interested. I don't give a damn how fine you are, you can keep that good cookie and all the toxicity that comes with it.

My Father in heaven promised me the desires of my heart and through my life, His will be done, Good Master of cattle on a thousand hills and pastures. I fully trust in God to show me which one of these heifers He'll grant me favor to go after!

I don't mess around because I'm grown and already got some prior commitments going on. When I was a young nigga I was taught the meaning of loyalty, how the bond of my words represents my respect as a man and measures the weight of my words.

I'm good to the cookie! I've taken my time to learn how to properly feed her, eat her, tease her, please her, listen to her when she talks, take my time with her, and beat her up how she likes it and when she needs it. I cherish good cookie and I understand that she doesn't belong, isn't owed, or subject to me. It's a privilege for me to be with cookie. She gives herself to me unrestricted and voluntarily and if that ain't the situation; then that cookie probably ain't for me!

Listen, Love, & Provide

Everybody's entitled to their own preferences which is why relationships come in all sorts of varieties. With respect to people's relationships; I've come to find that across the board in all successful relationships these 3 things **(Intentional Listening, Unconditional Love, Constant Provision)** seem to be consistently present. **I am/will be in a fulfilling relationship.**

I'm confidently cocky in all that I bring into a relationship just being me; I'm patient, kind, loving, and peaceful with myself first. So naturally that's how I treat her because I've already taken the time to learn how to love me.

When she speaks I listen and respond accordingly. If it's something I need to address, I do so immediately. It ain't about a nigga being cookie whipped, I'm grown and I want her to know what's important to her is also important to me. I study her like Nip said, because she's an extension of me. I take time to learn her Love Language so I can do the things I know she'll enjoy intentionally.

Even if I'm the contributor and she's the breadwinner, I'm more confident in myself cause I know for sure money ain't the reason why she choose a nigga.

If I disagree with her I know to have a conversation with her about it I refuse to argue. Only time I should hear her screaming is when she's having an orgasm.

I make my intentions known to her because I know effective communication is key. I act with integrity, I move with discretion, and don't beg for sex cause she voluntarily brang that cookie to me regularly.

They Can Get It If They Want It

I grew up in a house with a poor single mother on welfare, being materialistic was something I couldn't afford to be. Early on in my life I learned to develop my character and get comfortable with just being me. I am a hopeless romantic ain't too much of nothing playa about me. I fall in love as soon as I figure out a woman like me and I don't desire to change that cause shit, that's just me. **I love easily and I'm easy to love. I show kindness, respect, and humility to all people openly requiring nothing in exchange for.**

I'm a good son, husband, father, and friend; everybody I'm down with knows they can truly count on my loyalty. I'm that ride or die friend. Whatever you need I got you. If you going through it or something happens to you, I'm right there with you like it happened to me too.

I can't run out of what I'm made of so I give myself liberally. I don't hold back nothing. You can get all this for the free!

I hit back with love licks. I live above b/s and pettiness. When facing any tough situation, I counter with more patience and tenderness. Love is my weapon and I stay killing shit.

I'm a friend, prayer partner, triage nurse, landscape man, carpenter, and event volunteer if need be. I totally invest in relationships with every facet of my being! I don't

withhold for any reason. Open wide so you can receive all of me!

I don't question her loyalty; because her actions show me if with me is where she wants to be. I listen to what she says and believe what I see. If it ain't adding up well then I know it's indeed time for me to leave.

She On Somethin Different...And I'm Feeling It

So many things in the world to be addicted to: drugs, money, sex, power, status, etc. These addictions more often than not bring more physical harm, stress, and B/S into a person's life than the fulfillment received from the high they give. Meanwhile, I desire love and companionship and some people will call me soft, dumb, a fool, a simp, or whatever. My drug of choice is infatuation, I'm addicted to the high I get from being in love with a woman and whoever disagrees with that I really dgaf. I am a hopeless romantic junkie and I make no apologies. I enjoy doing all the puppy love B/S, the long conversations on the phone, taking selfies together, matching outfits, holiday pictures, and all the PDA. I could've been a different kind of fiend out there hooked on something that has my teeth falling out or stealing from people or selling my own stuff to get a hit. Sometimes love might cause me to act out or look like a fool but I'm alright with that.

I smile whenever I think about her as pleasant thoughts and memories rush to my mind. I spend my days dreaming about her. I love the energy I get from the privilege of having her orbit intertwining with mine. She doesn't even have to say jump, my nose so open on this love, I'm already high. I stay deep off in my feelings and my girl is the reason why!

I cherish her every beckoning call even when I know she's doing it purposely to annoy me! We could be at odds

and she could be getting on my last nerve; and oddly I still enjoy it. She gets whatever she wants from me, even if it's my last nerve. Everyday I'm willing to prove my love for her. I'll sacrifice and give up my last because I feel like that's the least she deserves.

I welcome her into my space and everything that contributes to her physical and mental well-being. I pray for or chill with, might take her somewhere, or just sit and listen to her vent; whatever is going on I want her to know I'm invested in supporting her to find the peace she is seeking. I love and care about her happiness and I'm willing to sacrifice to help ensure her ability to obtain and keep it.

I work with her to build a relationship with clear communication that's based on trust. It doesn't matter what I'm going through, anytime I engage with her I do so respectfully, lovingly, authentically, and transparency is always a must.

I'm more than infatuated with her. I know this is love. She expresses mutual feelings and that's how I know she's the one.

Stick Together Like Butt Cheeks

I come from a large family and loyalty is something that's been ingrained in me. To voluntarily offer my support and resources to those closest to me, and being able to ask for help from them in the same fashion. I was taught expressing love could mean doing things such as borrowing money, helping somebody move, being asked to work on something, watching children, being a listening ear, a shoulder to cry on or whatever's needed at the time. That's why loyalty is and will always be a highly valued priority to me. In my opinion it's a good measuring stick for any relationship to see someone's and even my own willingness to really be with someone through highs and lows. Sacrifice is the ultimate display of loyalty and love. **I only make promises I can keep. My loyalty is redeemable at any depth, accessible up to any height reached. I give grace freely because God gives it to me.**

Loyalty, commitment, and honor mean something to me! If I say I'm down with you that's really what I mean. I don't do the back and forth flip floppin if I ever leave you alone, it's cause you asked me to leave you be.

Come hell or high water, it doesn't matter if it's knee high or waist deep just look over your shoulders honey, and I guarantee you gonna find me. If I'm not in there with you it is only because I couldn't be. In which case then I'll be leading the rescue to find you and pull you back to safety.

I'm loyal to myself first, my words mean something to me. My promises come with Action, Integrity, Energy, Sacrifice, and a fist fight if need be. If I say it I mean it and that's on me!

I appreciate my loved ones. I show them my affection shamelessly. I take every opportunity to let them know I love them. I cherish every single moment they choose to share with me.

I openly share my strengths and vulnerabilities. I'm comfortable being myself and I don't give a damn who's around me. I give my emotions the right to be expressed and flow openly.

SECTION 4: WHAT YOU MADE OF



Fix Yo Own Plate

I expect nothing. I appreciate everything. God is my resource and all the guarantee I need. He's already given me everything I need to execute what's required of me.

Just before I moved to New York in 2016 my career felt stagnant and I started to feel myself becoming jaded and resentful. But nigga I'm a real life prayer warrior and I knew what that really meant was I needed to get harder in my prayer life and studying the Word of God. Because my faith has taught me how to trust Him, I know God won't forsake me. One day I'm studying and the thought just hit me... "How do you expect somebody else to fix your plate?" That's a question I constantly ask myself and depending on the situation I adjust my expectations accordingly.

I take full responsibility for my happiness and independence. What somebody else eats doesn't fill me. I know and appreciate how to handle and mind my own business.

I give without expectation if I get a return I celebrate that thing. But if it doesn't come back I don't trip cause I give out of surplus not necessity. I understand maturity is never giving or doing anything grudgingly that's how seeds of resentment are sowed.

My life is what I make it, a collection of decisions made and opportunities I've taken.

I know what I can handle. I'm confident in how much I can take. I can acknowledge others' suggestions but I understand that ultimately only I decide how I eat my plate.

I love the easygoing just as much as I appreciate the stubborn parts of me. Don't matter what's going down, I cheer myself on through the good, the bad, and the ugly. Come what may, whoever decides to leave or stay The most important thing at the end of the day is that I'm always confident in me!

Get That Up Off You

What's the difference between Maturation and Masturbation? Well to start, masturbation is defined simply as the act of self-pleasure. While maturation means to fully develop in mind or body. Also there's the difference in how they are spelled. Now watch this (s/o Paul Keener), I broke them down this way: basically one is (selfishness) doing what I want to do the other is (maturity) doing what I need to. If I cut the b and the s out of masturbation, well now I'm headed in the right direction. **I get up and all the way down for mine! I'm motivated by the results I get from taking care of my business. I happily do the things I need to because they make room for me to have fun.**

I can take on pressure just as good as I can dish it. I'm built to withstand the bull. I see everything that I start through to its completion. No matter the circumstance or issue I overcome every obstacle I'm presented. One monkey don't stop no show and I'm not done until it is finished; Period.

I don't wait to attack, I wake up every morning jumping up out of the bed like "Get Em". I don't complicate life. I keep it simple. Identify the challenge, overwhelm it, and then on to the next mission!

I say what I got to say to whoever. I address every individual accordingly. I try my best to not step on them but

really I don't care about feelings because I operate honestly, with integrity, and respectfully.

I prioritize responsibility. Accountability is highly important to me. I understand being able to admit when I'm wrong is the best way to show maturity.

I'm neither regretful about the past nor am I anxious about the future; instead I'm fully present and invested in today! Anything other than that I don't address, I let God handle that and I keep it pushing.

Be That Nigga

One day, while working out at the Staging Lot, Carlesia and I were talking when I started to explain how I learned to potty train children. I could tell it was tripping her out that I actually knew what I was talking about and she didn't expect me to. [At the time there was a 25 year age gap between myself and most of my co-workers and I was in my early twenties and childless]. I remember after I finished explaining and she asked me, "Kris, what don't you know how to do?" to which I replied, "I don't know but when I figure that out we gonna have to re-write the list again". "Go ahead Kris!", she said.....I wholeheartedly and rightfully believe in me. **Though the waters are treacherous, my ship has been tested. I'm a steady vessel out here in the open sea of life.**

I show up EVERYDAY for work ready to go hard no matter who else comes or who's watching, my motivation is to be excellent in what and wherever I put my time in. I'm the answer to a bunch of problems, there's a resource of boundless wisdom flowing between my ears.

I volunteer when I can. I tend to all my responsibilities. I stay on top of my priorities. I make sure to do my portion because I'll be the example before I give a sucker the opportunity to say something negative to me.

Every situation ain't perfect, I accept that's just reality. Sometimes I might have to play a role I didn't choose or find myself entangled in some stuff that ain't got nothing to do with me. I may

know or could be the solution. I don't take it personally, I submit to allowing God to use me!

I stay calm under pressure. I exceed expectations. I know who I am. I'm confident in my ability to win even if it looks like I'm facing an impossible situation.

I choose to accept the title, duties, and unknown challenges that come with it. Likewise, I appreciate the celebration, affection, and attention I get because I know I go hard in this bitch!

Mama Didn't Have a Man, So She Made One

To my Default Girlfriend, First Love, and Most loyal friend,

No words could ever express how I feel about you. I cried while writing this just thinking about what all you and I have gone through. I could never repay you for how you sacrificed your life for me! The best I could hope for is that it makes you even more proud seeing the man you made out of me! I know you always tell me how much you appreciate me but I want you to know I'm forever indebted to and grateful for you! I Love You Janet! I love my mama.

If I didn't have it I didn't need it. I know how to make due. I'm a master chef in Life's kitchen! Ain't no ingredients missing, I just learned how to make mine different from how you learned to.

My upbringing is my motivation! I'm too good to use excuses, explanations, procrastination, past traumas, or unmet expectations. I am accountable for how I move forward. It's a tough road and I'm built to endure it, I'm a generational curse breaker paving a road for all who'll come after me!

Mama did her best and that's all that matters. She taught me how to weather storms! I'm the man I am because of her. I will always give her my highest respect and honor. Until the day we part I will always let her know just how much I love and cherish her.

I thank her for how she disciplined me even if I didn't agree. With no experience, on her first attempt my mama was able to make a great man out of me!

Do Some P.U.S.H. Ups

Growing up in a low income neighborhood on welfare I was labeled as a “disadvantaged youth”. But all things considered, in hindsight, if a person can make it through the traumatic experiences of adversity, poverty, molestation, addictions, violence, instability, racism, the lack of opportunities; and still somehow hold down a job, stay out of jail, not be hooked on drugs or living on the streets. That’s some real nigga shit! I define Nigga Shit as to be with almost no resources or opportunities and still find a way to turn adversity into advantage and come away with the win. Disadvantage my ass, that sounds like the stuff superheroes are made of to me. **No matter the odds I’m facing I focus on what’s within me. I am confident, wise, skillful, nigga I’m amazing.**

I acknowledge tough times. I’m human and sometimes I need a break. But no matter how hard it gets, I don’t fold and I won’t quit. I might retreat for a moment to gather myself and come back 10x’s harder in this bish.

Life ain’t fair it’s challenging, so a nigga done learned to stay relentless. I recognize sometimes standing strong, being unwilling to compromise or quit is the only thing necessary for some victories. My life is a testament of discipline, persistence, and endurance. I learn my lessons, apply them and keep it pushing through it.

I ain’t doing no trippin about obstacles and resistance because I know they build muscles necessary for my growth. Tough times teach me to navigate; they’re like

pushups for my Powerstroke, strengthening my resolve for the next level of growth.

My words are good but my actions are better. I Pray Until Something Happens but I never stop putting work in cause I know them two work better together. Prayers are how I get God's attention and my actions in faith is what gets the demons around me to scatter.

I only know one way to go and that's hard! When life knocks me to my knees, I pray while I'm down there and Thank God. Then I pull myself back together and get back on the job.

SECTION 5: GETTING IT OFF MY CHEST



Everybody Getting Water

When I first started doing Stand Up, I remember people used to always ask me, “what’s your stage name?”, my reply, “my name, Kris Atkins. It’s because I stand on this shit I’m talking”. I’ve always been proud that people really don’t have conflicting stories when it comes to me. I’m the same nigga in the church as I am in the streets. I don’t switch up and I don’t mind if somebody feels like they want to go and fact check me. Anywhere you go, anybody you ask, you’re going to get pretty much the same stories about me.

I am who I am, it doesn't matter where I am, how much I got, or who I'm with. My character remains consistent and my effort stays persistent.

I make no respects of persons when it comes to my integrity, it doesn't matter who you are or how long you've known me. I guarantee everybody gets the same me. If I said it once I'll say it again. I don't lie and I don't change up my stories.

I forgive everybody! I don't hold any grudges. I fly above all bullshit. I try my best to make amends if and whenever I've wronged somebody. I acknowledge other accomplishments, celebrating others doesn't take away from me.

I was made one way and I acknowledge the world has influenced me to shift. Even still I accept accountability and I unapologetically strive to get myself back aligned with the person I was authentically made to be. I ignore external pressure. I listen closely to amplify the small voice inside.

I'm accountable for whatever healing I need. My problems are exclusively my responsibility. I don't drag old issues into new situations. I don't speak negatively about any of my exes. I don't prejudge others, nor do I insert myself into the personal problems of another. I respect people's boundaries and I require the same.

Talk Yo Shit

My nigga (to everyone who reads this book) I recommend you have yourself a Mirror Moment, as soon and often as you can. Real shit I know moments like that have made me a better man. I use them to remind myself who I am. A Mirror Moment is when I strip naked and stand with my nose to the mirror (preferably a full length) and I look myself in the eyes and have the most honest conversation (aloud) I can have with myself. **I make peace with myself and fully embrace every part of me; the good, the bad, and the ugly.**

I'm intelligent. I am handsome. I'm strong and I am capable of doing a whole lot of stuff I haven't even thought of. I know this all by myself, even if nobody else ever recognizes my gifts; I don't need a co-signer, I affirm this!

I'm what's been missing. I'm the secret sauce from an exclusive kitchen. I'm a goddamn phenomenon. I'm like a once in a century shooting star; blink and you gone be sorry you missed me. Every word I speak is important. All my work is unique. It's a blessing to be in my presence! If you get the chance, get to know and enjoy me, cause there's never been and there won't be another coming after me.

Ain't no boes on my role. In fact there are only a select few bad b's that can say they've been with me. This some exclusive dick, consider it an honor if I chose to bestow this meat on thee. It's more than just the sex it's really everything about me that have em feeling a G.. My charm have em sprung long before they ever even see my meat.

I'm an asset to your company. I'm the draw to your production. Just to have me associated with you increases your chance of success. I'm a blessing to everything I touch.

My life is successful. Everything I do is great. I enhance everything and everybody around me. Me and God got something going on so just being in proximity to me that alone means you too will be blessed.

S/O to Me

The COVID-19 Pandemic truly shifted and inspired serious life change inside of me. Initially it was just depressing until I had a Mirror Moment that got me to pull my head out of my ass and get myself together. I started writing this book, and it has truly inspired me. I really put my heart into it, selfishly I must admit if I don't sell one copy I'll still be happy just completing it because I wrote all this as therapy for me. However **when someone benefits from the work I'm doing, it makes me glad God knows He can trust me to use me to get blessings through to others.**

I don't say it to myself enough, I want me to know, I'm proud of my goddamn self. I'm a cold piece of work and I ain't just saying something to gas myself up. I'm saying it because unlike everybody else I really know what's up. For all I've been through and how I've conducted myself the whole way through.

I'm celebrating because I got one hell of a story. I've gotten skinny when I had to and I've gotten big and made boss moves too. Throughout all the rain and pain, the losses and gains; I keep pushing and giving God the glory.

I salute me for my integrity. The loyalty I exhibit even when nobody's looking and I know I could've gotten away clean and still didn't do it. How I do the right thing even to those who've trespassed against me. I respect how character is something I practice and not just something I preach.

My ambition inspires me. I love how I set big dumb stupid goals and then go after them wholeheartedly. I don't let money, education or experience stop me. My nigga will go after it with nothing more than balls and belief.

I know where I come from and with the work ethic and drive I have I know where I'm destined to be. Keep going hard being the best me I can be. If nobody else ever recognizes my hustle, I'll give a s/o to me!

Take It All Personal

About 10 years ago I started being concerned with my mortality. Not my death itself but what would be said about me at my funeral. I realized the only way to influence that was to live my life where I authentically connected with people. To give people an experience of me that couldn't be duplicated or confused. But in order to do this I realized I have to live in such a manner that these things naturally exude outta my pores in every moment.

I'm a Generational Curse Breaker, a certified Change Maker, The HNIC. I don't care how long the b.s. been going on; the buck stops with me. Even though I didn't pick the situation, the response I choose is to flip it for motivation. I'm the master of my environment indirectly, everything is positively affected by me.

I'm a guide for the lost. I'm a lover to the lonely. Really just a friend to the freaky chic, and that the weird nigga is my homie. You get locked up in the hospital or prison and I'm gone come see you. You ain't never gotta worry about being hungry or thirsty as long as I'm breathing. What's said between us I promise to keep with confidence and discreteness.

I'm not concerned about your past and I'm not responsible for your future. However what I guarantee is positivity, unconditional love, and big dick energy as long as you're with me. And if you decide to leave, no hard feelings, but respectfully FDB mayne I'm still a G. There's

still plenty of fish still out there, we just weren't meant to be.

After I'm dead and gone my legacy will be the only thing left of me. How I treated people, the jokes I made, initiatives I started, how I positively affected public policy, and the character I displayed both public and privately. My hope is to die with my potential tank on E; to rest knowing I gave the world knowing while I was here I gave the world all of me. I will live my life in a way that when I die, the world will stop to say goodbye and mourn me knowing there hasn't been and nor will there ever be another the likes of me.

Because I'm Me

On my 35th birthday, in the middle of the Pandemic, I decided I'm not going to be afraid to love wholeheartedly, or forgive freely, or to give my best self, to start over, admit I'm wrong, and never deny my feelings. I aspire to live a full life before they bury me. It would bring me so much joy to die knowing I have no regrets because I bravely experienced every part of me.

I forgive those who trespass against me. I seek peace with all men, even more so with the people who have wronged me. I continually extend favor and grace because I know they don't make me weak. It takes strength to forgive, I'm willing to prove in that regard Jesus Christ probably the only nigga tougher than me.

I speak to other niggas I don't know. I encourage positivity amongst all black men. The world give us enough b.s. to deal with; you can let your guard down my nigga. I know what you're facing and I know we could all use a real friend.

To my beautiful black sisters, I promise to love, provide, protect, and respect you. I know you constantly deal with a world that's always trying to get some butt, I truly love just being next to you. It ain't about the sex with me, I love your very essence. I'm intrigued by your mind. It's your creativity that does it for me! Black woman I want you to know you are the epitome of God's Majesty.

In a world full of "No's", Black Boy and Girl I promise to be a "Yes" for you. I promise to always educate, empower, and build your

confidence. Your success and happiness are a priority to me. I will defend you under any circumstance and if it comes to worst I'll sacrifice myself to ensure your vitality.

When your back is against a wall and you can feel the defeat near, call on me and I'm coming so you don't have to go through it alone. Cause Nigga I'm Me.

AFTERWORD



I'm a stand up comedian, writer, handyman, and I work in customer service. I'm from South Park, Houston, Texas; I travel around the nation and all over the world performing, vacationing, and working. Sometimes I get home sick or my mood is jacked up for whatever reason. Sometimes I'm just being a human and shit is just going on with me internally. Either way, when I find myself having one of those moments, especially since writing this book; I find myself reading a through these affirmations to reset my mood. Don't just take my word for it, really go and follow me on social media, and see, am I really practicing what I'm preaching. I want to do more than just sell you something. My goal for writing this book is not to sell you on a product but rather to enroll you into a community.

Now watch this, today is September 1, 2021. I originally finished writing everything for this book except for the after word in January of 2021. I wrote this book while I was living in my sister's house, fresh off losing a few close family members. I was unemployed, my side hustle was still shut down, and I had COVID. I felt miserable in every way. I tell no lies when I tell you the things that I wrote in this book are the things that I used to motivate myself to pull my head out of my ass and get my life together. I found these affirmations to be not only inspiring but more so authentically the tone my soul needs to hear whenever I'm going through "it". Just as I was first inspired while writing this, and after shelving this project for almost a year, while proof reading the manuscript these affirmations once again revitalized me.

The impact of the black man is felt throughout this country and the globe. Our art, work, entertainment, style, music, I could go on but basically I'm discussing how Black American Men influence society as a whole. I see the detriment of our influence when not held to a standard; I can also see how as better men we can influence society for the better. To do this we must first see and influence ourselves for our better. Out of that change, better men, leaders, neighborhoods, businesses, schools, homes, families, relationships and a plethora of other positive changes will come forth.