



HARNESS THE POWER OF AFFIRMATION

Say it. Feel it. Believe it.

I face each day with an open mind and heart. I CHOOSE TO OWN MY POWER. I can do anything I set my mind to. ALL I NEED IS WITHIN ME. My peace of mind is not disturbed by things beyond my control. I CAN CHANGE ANYTHING IN MY LIFE THAT I CHOOSE TO CHANGE. I TAKE COMPLETE RESPONSIBILITY FOR MY LIFE. I accept myself completely as I am. I AM ENOUGH. I am worthy of love. I AM LOVED, LOVING AND LOVEABLE. I choose love and I surround myself with positive people who appreciate my light. ALL IS WELL IN MY WORLD. Peace begins with me. I AM GRATEFUL FOR EACH EXPERIENCE LIFE BRINGS ME. I trust in divine timing. The Universe always has my back. AUTHENTIC AND AMAZING PEOPLE GRAVITATE TOWARDS ME EVERY DAY. I love and respect myself and by doing so I attract people who love and respect me. I FORGIVE, RELEASE AND LET GO OF THE PAST. I am ready to be healed. I am willing to forgive. All is well. I FORGIVE EVERYONE IN MY PAST FOR ALL PERCEIVED WRONGS. I RELEASE THEM WITH LOVE. This too shall pass. ALL IS WELL IN MY WORLD. I release my attachment to everything that no longer serves me. MY ENERGY, ENTHUSIASM, AND PASSION INCREASE EVERY DAY. My mind and body are in perfect balance. I RELEASE ALL DIS-EASE FROM MY BODY AND WELCOME HEALTH, LOVE AND HAPPINESS INTO MY LIFE. I am healed, whole and healthy. EVERY CELL IN MY BODY VIBRATES WITH ENERGY AND HEALTH. LOVING MYSELF HEALS MY LIFE. I nourish my mind, body and soul. MY POSITIVE THOUGHTS ARE CREATING THE LIFE I DESIRE. I am growing healthier and stronger every day. DIVINE LIFE FLOWS THROUGH EVERY CELL IN MY BODY. I am relaxed, calm and peaceful. I AM GRATEFUL FOR ALL THAT I AM AND ALL THAT I HAVE. I am a money magnet. I OPEN MYSELF UP TO RECEIVE THE ABUNDANCE OF THE UNIVERSE. Money comes to me in expected and unexpected ways. MY IDEAS AND CREATIVITY ARE CREATING NEW STREAMS OF INCOME. Abundance flows freely through me. MY LIFE IS JOYOUSLY BALANCED WITH WORK AND PLAY. As I say yes to life, life says yes to me. IT'S MY TIME AND I'M READY.