



### **General Well Being**

1. *I am open and receptive to all good.*
2. *I am so happy and grateful now that I am a vibrational match to all of my desires.*
3. *All is well in my world.*
4. *Everything is always working out for my highest good.*
5. *My life is filled with ease.*
6. *Everything I need to know will be revealed to me.*
7. *I am happy.*
8. *I am connected to source.*
9. *I am a co-creator with God and I know that together we can create my deepest desires.*
10. *Each day I live in bliss.*
11. *My life is filled with peace, love, and happiness.*
12. *I am living life in the now.*
13. *Each day my faith grows stronger.*
14. *I am abundant.*
15. *I have more than enough time to do what I want and need.*
16. *I am so happy and grateful now that I complete all my tasks before the deadlines.*

### **Self Love**

17. *I am willing to forgive myself.*
18. *I release all fear and doubts.*
19. *I have more than enough faith to know that things are working out for me.*
20. *The love I have for myself have expanded.*
21. *I am beautiful and I fully love myself.*
22. *I have willingly released all discord.*
23. *I am so happy and grateful now that I create wonderful events to experience.*
24. *I now know my worth and I deserve Only the best.*
25. *The love I give myself will mirror the love others give me.*
26. *I now know that it is okay that I am not perfect.*



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27. *I release all judgments of my self.*
28. *I release the need to criticize myself and other people.*
29. *I am so happy and grateful now that I am an inspiration to others.*
30. *I am safe.*
31. *I release all fear because I know that at all times I am connected directly to source.*
32. *I now know that my past has no hold over me.*
33. *I am so happy now that I choose to stay in the now.*
34. *I love how I am able to stay focus on what's really important to me.*
35. *I am so happy and grateful now that I meditate daily.*
36. *I am calm, at peace, and can communicate my needs.*
37. *I am open to new ways of handling conflicting views and release the need to focus only on conflict.*
38. *Life is about the experiences I encounter, I will enjoy the ride.*
39. *I stand in my truth. I am safe.*
40. *I forgive myself for the missteps that I have been holding against myself.*
41. *I love myself.*

### **Health**

42. *I am healed.*
43. *My body is 100% healthy.*
44. *Each organ in my body is functioning perfectly.*
45. *Every cell in my body feels the love that I have for them and responds in great health.*
46. *The blood flows through my body freely and effortlessly my blood pressure is always normal.*
47. *I choose food that is fuel for my vessel and that energizes my mind.*
48. *I freely release strong holds that commercials, media, and trends have on my eating habits.*
49. *I exercise my body to show that I trust the vessel that I have chosen.*
50. *I choose life over carbonated drinks, chemicals, salt, sugar, fried foods, and processed foods.*



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51. *I release excess cellulite, fat, fluid, salt, stagnant weight, and obesity thoughts.*
52. *I focus only on how I am sculpting my body not on others thoughts or feelings about how they want me to be.*
53. *I CHOOSE perfect health.*

### **Relationships**

54. *I am ready to love.*
55. *I am so happy and grateful now that I am in a wonderful loving relationship.*
56. *All of my relationships are loving.*
57. *I am so happy and grateful now that I have attracted romance in my life.*
58. *I am so happy and grateful now that I am going on many romantic dates.*
59. *I am willing to forgive.*
60. *Me and my mate are great examples of true love.*
61. *It is easy for me to balance my business life and love life.*
62. *Me and my mate are in perfect harmony.*
63. *I have attracted a mate whom I am connected with mind, body, and soul.*
64. *I am open and receptive to different views.*
65. *I am so happy and thankful that I have attracted a mate who grows with me spiritually.*
66. *I love being inspired by others.*
67. *I am so happy and grateful now that I attract people with like minded energy around me.*
68. *I release the need to prove that my way of life is the right way to others.*
69. *I forgive all those who've wronged me. The past is the past.*
70. *I respect others.*

### **Prosperity**

71. *I am abundant.*
72. *I am thankful that I am able to make money in my sleep.*
73. *I am so happy and grateful now that I have multiple streams of income.*
74. *I have more than enough.*
75. *I have more than enough money to buy what I want and need.*
76. *I am a powerful creator.*



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77. *I have passive income.*
78. *Today will be filled with great prosperity.*
79. *This year I will experience abundance and prosperity all around me.*
80. *My life is wonderful.*
81. *I am so happy and grateful now that I am working in the career of my choice.*
82. *I am so happy and grateful now that I am my own boss.*
83. *I am so happy and grateful now that my schedule is flexible.*
84. *I receive checks in the mail.*
85. *I am attracting great experiences daily.*
86. *I am so happy and grateful now that I am able to travel when and where I want for little to no cost.*
87. *I am able to handle all things that occur during my day.*
88. *My choices are supported by the universe.*
89. *If I see an area of life that I am unhappy with I can just change it.*
90. *I always find the solution to all problems immediately.*
91. *I have planted prosperous seeds and joyfully await their arrival.*
92. *Time is an illusion there for that which I seek to be I already am.*
93. *My financial status is constantly increasing.*
94. *I am abundant with money.*

### *Organization*

95. *I always remember where I put things.*
96. *I am so happy and grateful now that my home is always spotless.*
97. *I plan a daily agenda that guides me to keep on task.*
98. *I always complete my tasks before the deadline.*
99. *My room is always clean.*
100. *I am organized.*



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