

Heath Affirmations Notebook Diary Positive Affirmations Workbook Includes

[#heath affirmations notebook](#) [#positive affirmations workbook](#) [#affirmation diary](#) [#self-care journal](#) [#daily mindfulness log](#)

Unlock your potential with this Heath Affirmations Notebook, a comprehensive diary and positive affirmations workbook designed to guide you through daily self-reflection and personal growth. Cultivate a resilient mindset, track your journey, and foster a deeper connection with your inner self through consistent practice and mindful writing.

We provide downloadable materials suitable for both online and offline study.

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Heath Affirmations Notebook Diary Positive Affirmations Workbook Includes

Daily Affirmation Workbook and Journal - Daily Affirmation Workbook and Journal by Real Life Potions 21 views 1 year ago 46 seconds – play Short - This 90-page **journal workbook**, gives you the tools to practice self-care and self-love. Filled with prompts, exercises, and ...

How to Journal Every Day for Increased Productivity, Clarity, and Mental Health - How to Journal Every Day for Increased Productivity, Clarity, and Mental Health by Matt Ragland 1,084,251 views 5 years ago 7 minutes, 9 seconds - I've been thinking about journaling a lot this year, and not just because of the bullet **journal**, method. Instead this is about more ...

Positive Affirmations for Health and Healing | Healthy Body Meditation - Positive Affirmations for Health and Healing | Healthy Body Meditation by Bob Baker Affirmations 34,329 views 3 years ago 10 minutes, 26 seconds - Listen to these **positive affirmations**, for **health**, and healing. Affirm your **healthy**, body and physical wellness. **Includes**,: Bob Baker ...

Intro

Affirmations for Health and Healing

Final thoughts

Affirmations for Health, Wealth, Happiness "Healthy, Wealthy & Wise" 30 Day Program - Affirmations for Health, Wealth, Happiness "Healthy, Wealthy & Wise" 30 Day Program by Jason Stephenson - Sleep Meditation Music 16,667,293 views 4 years ago 2 hours, 59 minutes - **#affirmations**, **#wealthhappiness** **#jasonstephenson** Instant Calm: **Affirmations**, for a calm mind ...

Positive Affirmations to Change Your Life (83 Powerful Daily Affirmations - Positive Affirmations to Change Your Life (83 Powerful Daily Affirmations by Lavendaire 1,497,724 views 7 months ago 16 minutes - Powerful **positive affirmations**, to change your life for the better. Listen to these **affirmations**, daily for 21 days to reprogram your ...

Affirmations for Health, Wealth, & Happiness As You Sleep – 14 Days to Uncover the NEW You! -

Affirmations for Health, Wealth, & Happiness As You Sleep – 14 Days to Uncover the NEW You! by

Jason Stephenson - Sleep Meditation Music 1,729,247 views 1 year ago 3 hours - This 14-day sleep **affirmation**, program is a fast and easy way to change the way you view yourself. Use these **positive**, "I AM" ...

Powerful Positive Morning Affirmations start your day w/ bright beautiful energy - Powerful Positive Morning Affirmations start your day w/ bright beautiful energy by Lavendaire 2,402,024 views 1 year ago 11 minutes, 7 seconds - Powerful **positive affirmations**, for self love, gratitude, confidence & joy. Use these morning **affirmations**, to raise your vibration ...

I am guided I am protected

I choose love over fear

I trust myself

I am protected I am guided

TRY IT FOR 1 DAY! You Won't Regret It! 528 hz "I AM" Affirmations For Success, Wealth & Happiness

- TRY IT FOR 1 DAY! You Won't Regret It! 528 hz "I AM" Affirmations For Success, Wealth &

Happiness by Be Inspired 12,603,810 views 4 years ago 22 minutes -

offer my love passion talent and joy as a gifts to the world

relieve myself of pasts boundaries and mistakes

inhale calmness and i exhale

disturb my inner peace and joy

express my feelings and emotions

inhale positive energy

speak my mind with a clear and powerful voice

take some time to calm down

react to any negative energy

do not invest energy in my low moments

invest in myself with good food and quality experiences

Positive Morning Affirmations - Lucky Girl Syndrome (I AM) - Positive Morning Affirmations - Lucky

Girl Syndrome (I AM) by Jessica Heslop - Manifest by Jess 758,867 views 11 months ago 18 minutes

- Start your day from a place of absolute love, abundance and positivity by listening to these Lucky Girl Syndrome **affirmations**, as ...

BY MIRACLES

IS BEST FOR ME

BLESSED PERSON

DAY FOR ME

AMAZING DAY

UNEXPECTED MIRACLES

JOY AND LAUGHTER

A FULFILLING CAREER

RELATIONSHIPS

WITH POSITIVITY

AND GOOD FORTUNE

MANIFESTOR

NATURALLY DRAWN TO ME

COME TO ME

ESPECIALLY LUCKY

WITH GRATITUDE

PERFECT HEALTH

INFINITELY BLESSED

Morning GRATITUDE Affirmations 20 Minutes | Start Your Day with a Grateful Heart - Morning

GRATITUDE Affirmations 20 Minutes | Start Your Day with a Grateful Heart by Bob Baker Affirmations

1,082,087 views 1 year ago 19 minutes - Start your day with morning gratitude **affirmations**, and a grateful heart. 20 minutes to cultivate an attitude of gratitude. A morning ...

Start Your Day with a Grateful Heart

Morning Gratitude Affirmations 20 Minutes

I Am Grateful to Be Alive

Final thoughts on gratitude

Positive Affirmations as You Sleep: Healthy, Wealthy and Wise - Positive Affirmations as You Sleep:

Healthy, Wealthy and Wise by Jason Stephenson - Sleep Meditation Music 184,786 views 6 months

ago 3 hours - Experience the power of **positive affirmations**, as you sleep and awaken to a life of

health, wealth, and wisdom. This guided sleep ...

I AM Affirmations: Spiritual Abundance, Prosperity & Success | Solfeggio 852 & 963 Hz | Alpha Beats - I AM Affirmations: Spiritual Abundance, Prosperity & Success | Solfeggio 852 & 963 Hz | Alpha Beats by PowerThoughts Meditation Club 5,496,478 views 6 years ago 26 minutes - Attract and Manifest your goals and dreams by connecting with your Heart, Soul and Universal Intelligence - melding Abundance, ...

aligning to higher consciousness

stepping into a new and fresh awareness of abundance

reconnecting and aligning with a vibration of abundance

choosing to resonate with the vibration of my goals

using the flow of abundance in your life

are standing on the mountaintop of faith

realign your frequency to the vibration of abundance

connect with the vibration of joy

you're a divine spark of universal light

20 Min Morning Affirmation For Self-Healing & Prosperity | Louise Hay - 20 Min Morning Affirmation For Self-Healing & Prosperity | Louise Hay by Blissful Hand 670,211 views 3 months ago 25 minutes

- Elevate your mornings with Louise Hay's morning **affirmations**, 2024 – just 20 minutes a day for a **positive** mindset. (Cultivate ...

Introduction

Affirmation Starts

Outro

10 Most Powerful Affirmations of All Time | New Updated Version | Bob Baker - 10 Most Powerful Affirmations of All Time | New Updated Version | Bob Baker by Bob Baker Affirmations 1,336,270 views 2 years ago 11 minutes, 4 seconds - Enjoy this new updated version of the 10 Most Powerful **Affirmations**, of All Time. I published the original version of this popular ...

Affirmations Intro

10 Most Powerful Affirmations of All Time

Final thoughts

852 Hz - LET GO of Fear, Overthinking & Worries | Cleanse Destructive Energy | Awakening Intuition - 852 Hz - LET GO of Fear, Overthinking & Worries | Cleanse Destructive Energy | Awakening Intuition by PowerThoughts Meditation Club 45,473,419 views 7 years ago 4 hours - Solfeggio 852 Hz is directly connected to the principle of Light, and Light is a higher form of bioenergy. This frequency can be used ...

I AM AFFIRMATIONS of Gratitude, Self-Love, and Success - I AM AFFIRMATIONS of Gratitude, Self-Love, and Success by Healing the Soul 1,416,645 views 1 year ago 15 minutes - Listen and repeat these **affirmations**, either out loud or in your mind for twenty-one days to help establish new **positive** thought ...

I am thankful for all the learning experiences

I enjoy watching my goals unfold

Others are attracted to my energy

I am beautiful

I am attracting healthy and loving friendships

I am thankful for my body

I am blessed with inspiration and hope

I AM Morning Affirmations for Women | Goddess Affirmations - I AM Morning Affirmations for Women | Goddess Affirmations by Jessica Heslop - Manifest by Jess 868,267 views 1 year ago 20 minutes - Illuminate your mornings with divine feminine energy! Listen to these empowering I AM morning **affirmations**, for women everyday ...

AND MY SOUL WITH A HEALTHY, BALANCED DIET

MY BODY WITH CLEAN WATER

EXCELLENT SHAPE

UNIQUENESS

MY WILDEST DREAMS

PEACE WITH MY OWN FEMININITY

OF A UNIVERSAL WOMANHOOD

UNCONDITIONALLY

OUTER BEAUTY SHINE FAR AND WIDE

THE FREQUENCY OF SUCCESS

ALL MY BLESSINGS AND ABUNDANCE
WONDERFUL LIFE

I AM AN AMAZING WOMAN

FEMININITY WITH LOVE, STRENGTH AND AUTHENTICITY

WITH PURE, UNIVERSAL ENERGY

I CREATE MY OWN REALITY

HEALTH Affirmations - Reprogram Your Mind (While You Sleep) - HEALTH Affirmations - Reprogram Your Mind (While You Sleep) by Jessica Heslop - Manifest by Jess 878,340 views 4 years ago 8 hours, 5 minutes - 8hrs of **health affirmations**, to reprogram your mind so that you can heal, renew and live a life of perfect **health**,. There is increasing ...

Here For A Reason Affirmation (Official Video)and Interactive Visualizer - Here For A Reason Affirmation (Official Video)and Interactive Visualizer by Trap Professor Affirmations 3 views 1 day ago 1 hour, 2 minutes - This video is filled with **positive Affirmations**, for anyone who **has**, survived any life or death situation . You are here for reason and ...

Positive Affirmations to Manifest Your Dream Life < Positive Affirmations to Manifest Your Dream Life < by Lavendaire 328,074 views 2 months ago 16 minutes - Repeating "I am" **affirmations**, is intended to utilize law of attraction, raise your vibration, release negative thoughts, and encourage ...

Affirmations for Health, Wealth, Happiness. Positive Mind Affirmations Before Sleep, 30 Day Program - Affirmations for Health, Wealth, Happiness. Positive Mind Affirmations Before Sleep, 30 Day Program by Jason Stephenson - Sleep Meditation Music 2,899,719 views 2 years ago 3 hours - **#affirmations**, **#forsleep** **#jasonstephenson** **#attractabundance** **#guidedmeditation** **#sleepmeditation** **Affirmations**, for **Health**,, Wealth ...

Guided Meditation To Change Thoughts in Your Subconscious

I Forgive Myself for My Past Mistakes

I Believe in Miracles I Am Radiant and Wonderful I Honor My Uniqueness I Embrace My Imperfections

I Surround Myself with Inspiration I Am Worthy of the Abundance That Is Coming My Way I Am Open to New Ideas and I Choose To Be Happy I Let Go of What Does Not Uplift Me I Am Empowered You Alignment Affirmations :) Change Your Conditioning to Overcome Any Obstacle. Day or Night. - Alignment Affirmations :) Change Your Conditioning to Overcome Any Obstacle. Day or Night. by Rising Higher Meditation ® 2,057,552 views 5 years ago 3 hours, 10 minutes - 3Hrs POWERFUL ALIGNMENT!! Flow as you GROW. Change your PAST CONDITIONING, overcome ANY obstacle.

Positive Expectation Affirmations

Flowing with Infinite Consciousness

I Am Able To Focus on Things That Make Me Feel Good and Change My State Whenever I'M Feeling Things Are Becoming a Little Too Heavy I'M Able To Take a Break in My Mind Whenever I Need To I Am Able To Close My Eyes and Breathe Deeply Filling Myself Up Again Not Only with Oxygen but with Lifeforce Energy I Am Here for a Powerful Reason There Is Intense and Tremendous Purpose for My Life

And Breathe Deeply Filling Myself Up Again Not Only with Oxygen but with Lifeforce Energy I Am Here for a Powerful Reason There Is Intense and Tremendous Purpose for My Life Everything I Am Experiencing Is Helping Me To Express Myself in New and Expanded Ways I Am So Grateful for All My Expenses I'M So Grateful for this Current Experience I'M So Grateful that I Have a Mind and I Can Think I'M So Grateful that I Have Feelings and I Can Feel I Am So Grateful that I Have Consciousness I Am Grateful for All the Gifts of Consciousness Expansion Provides I'M Thankful for All the Wonderful Exciting Future Events That Will Take Place I Am Thankful for All the Incredibly Positive and Uplifting Experiences I'M Yet to Her I Am Thankful for All the Beautiful People in My Life I Am Thankful for All the Magnificent Expansion That Is Going On through the Process of My Life I'M So Thankful to the Universe for All the Support It Gives Me in All My Creations I Am Sorry Thankful to the Universe for All the Support He Gives Me I'M Sorry Thankful to the Universe for this Current Creation I Am So Thankful but I'M Becoming More Aware

I Am Able To Take a Step Back and See the Bigger Picture I Am Able To See the Pattern I Am Able To See the Reason this Is Happening at this Time I Am Able To Accept It as a Reflection of My Creation Thank You Universe for Brings Awareness to Me Now I Have Loads of Energy I Am an Energetic Being I Am Able To Get through this with Ease

I Am Able To Accept It as a Reflection of My Creation Thank You Universe for Brings Awareness to Me Now I Have Loads of Energy I Am an Energetic Being I Am Able To Get through this with Ease and Grace I Am Graceful and Smooth in My Dealings with Others I Am Allowing Space in My Life for Epiphanies for Joy and the Synchronicities I Am Allowing Space for the Unknown To Unfold in

My Experience so that I Might Keep Moving to Me Places of Awareness and Consciousness I Am Deliberately Holding My Attention on the Positive Aspects of this Situation I Am Seeing Fun and Joy Wherever I Look I Am a Part of the Fun and Joy

I Am Allowing Space in My Life for Epiphanies for Joy and the Synchronicities I Am Allowing Space for the Unknown To Unfold in My Experience so that I Might Keep Moving to Me Places of Awareness and Consciousness I Am Deliberately Holding My Attention on the Positive Aspects of this Situation I Am Seeing Fun and Joy Wherever I Look I Am a Part of the Fun and Joy I Am Relaxed in My Abilities To Move through What Initially Seems like an Obstacle with Fun Joy and Ease I Am on Track with My Thinking

I Know that if I Start To Slide I Can Come Back and Realign My Energy at any Time I Am Aligned I Am in Alignment with Growth by a Mean Alignment with Peace I Am in Alignment with Love I Am in Alignment with Understanding I Am in Alignment with My Purpose I Am in Alignment with Solutions I Am in Alignment with New Ideas I Am in Alignment with Personal and Professional Development I Am in Alignment with a Universal Energy of this Situation and I Easily Learn Grow and Move Release to a New and Expanded Set Point I Am Following with Gentle I Am Flowing with Infinite Consciousness I Am in Alignment with a Universal Energy of this Situation and I Easily Learn Grow and Move Release to a New and Expanded Set Point I Am Following with Gentle I Am Flowing with Infinite Consciousness I Am Flowing with My Life Forever I Am Flowing in every Experience I Am Flowing Energy in every Interaction I Am Flowing Power I Am Glowing Potential I Am Flowing Purpose I Am Flowing Love I Am Flowing Understanding I Am Flowing with the Source of all That Is I Am Here Now I Am Present Now I Am in this Present Moment I Am Surrounded by Life I Am Able To Feel the Space in between Me and the Life That Surrounds Me

I Am Here Now I Am Present Now I Am in this Present Moment I Am Surrounded by Life I Am Able To Feel the Space in between Me and the Life That Surrounds Me I Am Able To Feel the Space in between Me and the Objects and People That Surround Me I Am Able To Feel My Connectedness to the Source of all That Is I Am Connected Now I Am Energy Now I Am White Intention and Attention Combining To Make Energy I Am Able To Focus I Am Able To Focus on

I Am Able To Feel My Connectedness to the Source of all That Is I Am Connected Now I Am Energy Now I Am White Intention and Attention Combining To Make Energy I Am Able To Focus I Am Able To Focus on Love I Am Able To Focus on Understanding I Am Able To Focus on What I Can Learn from this Situation I Am Open and Available in this Moment To Connect to the Higher Mind I Am Available for Infinite Wisdom To Flow through Me I Am Open and Available for Learning the Purpose of this Current Situation I Am Open and Available To Hear See or Feel the Relevance this Situation Has to My Current State of Growth

Now I Am Aware of How this Is Helping Me To Love Myself and Others More Now I Am a Way of How the Incredible Infinite Intelligence Works in Miraculous Ways in My Life I Am Turned On by Life I Am a Bright Light of Ideas and Exploiting inside that Would Take Me to New and Higher Places within Myself and within Life I Am Supported by a Positive Healthy and Happy Mindset I Am Aware that Just because Something New Is Happening that It Doesn't Mean that It Is Wrong or Bad I Am Always Finding the Way I Can Always Find a Way I Am Always in the Right Place at the Right Time and Everything Is Always Working Out for Me

I'M Able To Take a Break in My Mind Whenever I Need To I Am Able To Close My Eyes and Breathe Deeply Filling Myself Up Again Not Only with Oxygen but with Lifeforce Energy I Am Here for a Powerful Reason There Is Intense and Tremendous Purpose for My Life Everything I Am Experiencing Is Helping Me To Express Myself He Near and Expanded Ways I Am So Grateful for All My Experiences I'M So Grateful for this Current Experience I'M So Grateful that I Have a Mind Everything I Am Experiencing Is Helping Me To Express Myself He Near and Expanded Ways I Am So Grateful for All My Experiences I'M So Grateful for this Current Experience I'M So Grateful that I Have a Mind and I Can Think I'M So Grateful that I Have Feelings and I Can Feel I Am So Grateful that I Have Consciousness and I Can Be Away I'M So Grateful for every Single Person That Comes into My Experience I Am Grateful for All the Gifts of Consciousness Expansion Provides I Am Thankful for All the Wonderful Exciting Future Events That Will Take Place

I'M So Grateful for every Single Person That Comes into My Experience I Am Grateful for All the Gifts of Consciousness Expansion Provides I Am Thankful for All the Wonderful Exciting Future Events That Will Take Place I Am Thankful for All the Incredibly Positive and Uplifting Experiences I Am Yet To Have I Am Thankful for All the Beautiful People in My Life I Am Thankful for All the Magnificent Expansion That Is Going On through the Process of My Life

I Am Thankful for All the Beautiful People in My Life I Am Thankful for All the Magnificent Expansion That Is Going On through the Process of My Life I Am So Thankful to the Universe for All the Support

It Gives Me in All My Creations I Am So Thankful to the Universe for All the Support It Gives Me I'M So Thankful to the Universe for this Current Creation I Am So Thankful but I Am Becoming More Aware every Day of How this Experience Is Helping Me To Be More Oh Conditionally in Love with Myself and Others I Am Unconditionally Loving Myself I Am Unconditionally Accepting Myself I Am Unconditionally Accepting and Loving the Others

I Have Loads of Energy I Am an Energetic Being I Am Able To Get through this with Gays and Curse I Am Graceful and Smooth in My Dealings with Others I Am Allowing Space in My Life for Epiphanies for Joy and the Synchronous Lives I Am Allowance Price for the Unknown To Unfold in My Experience so that I Might Keep Moving to Me Places of Awareness and Consciousness I Am Deliberately Holding My Attention from the Positive Aspects of this Situation I Am Seeing Fun and Joy Wherever I Look I Am a Part of the Fun and Joy

I Know that if I Start To Slide I Can Come Back and Realign My Energy at any Time I Am Aligned I Am in Alignment with Growth I Am in Alignment with Peace I Am in Alignment with Love I Am in Alignment with Understanding I Am in Alignment with My Purpose I Am in Alignment with Solutions I Am in Alignment with New Ideas I Am in Alignment with Personal and Professional Development I Am in Alignment with the Universal Energy of this Situation and I Easily Learn Grow and Move Release to a New and Expanded Setpoint I Am Flowing with Energy I Am Flowing with Infinite Consciousness I Am in Alignment with Solutions I Am in Alignment with New Ideas I Am in Alignment with Personal and Professional Development I Am in Alignment with the Universal Energy of this Situation and I Easily Learn Grow and Move Release to a New and Expanded Setpoint I Am Flowing with Energy I Am Flowing with Infinite Consciousness I Am Flowing with My Life River I Am Flowing in every Experience I Am Flowing Energy in every Interaction I Am Flowing Power I Am Glowing the Potential I Am Flowing Purpose by and Flowy Love I Am Flowing Understanding I Am Flying with the Source of all That Is

I Am Available for Infinite Wisdom To Flow through Me I Am Open and Available for Learning the Purpose of this Current Situation I Am Open and Available To Hear See or Feel the Relevance this Situation Has to My Current State of Growth I Am Confident that within the Next 24 Hours I Will Follow My Intuition and I Will Learn What I Needed To Learn from this Situation I Am Confident that I Will Be Able To Integrate

I Am Confident that within the Next 24 Hours I Will Follow My Intuition and I Will Learn What I Needed To Learn from this Situation I Am Confident that I Will Be Able To Integrate this New Information That Will Bring Me into Closer Harmony with My Soul I Am a Champion at Moving Quickly through these Bumps and Learning Growing and Expanding Myself in the Process

I Am Completely Conscious of this Universe Being a Safe and Friendly One and that Everything Is Here for My Good My Growth and To Help Me To Love Myself and Others More every Single Day I Am Aware Now of the Next Step I Need To Take I Am Aware Now of What I Can Learn from this Situation I Am Aware Now of How this Is Helping Me To Become More than What I Was Yesterday Now I Am Aware of How this Is Helping Me To Love Myself and Others More

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I Am a Bright Light of Ideas and Exploding inside that Would Take Me to New and Higher Places within Myself and within Life I Am Supported by My Positive Healthy and Happy Mindset I Am Aware that Just because Something New Is Happening that It Doesn't Mean that It Is Wrong or Bad I Am Always Finding the Way I Can Always Find a Way I Am Always in the Right Place at the Right Time and Everything's Always Working Out for Me People Pop into My Experience at the Perfect Time I Am Easily Meeting Other Beautiful Souls Who Somehow Have Exactly the Right Information

I Am So Grateful for this Current Experience I'M So Grateful that I Have a Mind and I Can Think I Am So Grateful that I Have Feelings and I Can Feel I Am So Grateful that I Have Consciousness and I Can Be Aware I Am So Grateful for every Single Person That Comes into My Experience I Am Grateful for All the Gifts of Consciousness Expansion Provides I Am Thankful for All the Wonderful Exciting Future Events That Will Take Place I Am Thankful for All the Incredibly Positive and Uplifting Experiences I'M Yet To Have

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I Am Able To See the Reason this Is Happening at this Time I Am Able To Accept It as a Reflection of My Creation Thank You Universe for Bringing this Awareness to Me Now I Have Loads of Energy by M an Energetic Being I Am Able To Get through this with Ease and Grace I Am Graceful and Smooth in My Dealings with Others I Am Allowing Space in My Life for Epiphanies for Joy and the Synchronicities I Am Allowing Space for the Unknown To Unfold in My Experience so that I Might Keep Moving to Me Places of Awareness and Consciousness I Am Deliberately Holding My Attention on the Positive Aspects of this Situation I Am Seeing Fun and Joy Wherever I Look I Am a Part of the Fun and Joy I Am Relaxed in My Abilities To Move through What Initially Seems like an Obstacle Is Fun Joy and Ease I Am on Track with My Thinking

I Know that if I Start To Slide I Can Come Back and Realign My Energy at any Time I Am Aligned I Am in Alignment with Growth I Am in Alignment with Peace I Am in Alignment with Love I Am in Alignment without Understanding I Am in Alignment with My Purpose I Am in Alignment with Solutions I Am in Alignment with New Ideas I Am in Alignment with Personal and Professional Development I Am in Alignment with the Universal Energy of this Situation and I Easily Learn More and Move Release and Expanded Set Point I Am Blowing with Dementia I Am Flowing with Infinite Consciousness

I Am in Alignment with the Universal Energy of this Situation and I Easily Learn More and Move Release and Expanded Set Point I Am Blowing with Dementia I Am Flowing with Infinite Consciousness I Am Flowing with My Life Forever I Am Flowing in every Experience I Am Flowing Energy in every Interaction I Am Flowing Power I Am Flowing Potential I Am Flowing Purpose I Am Sewing Mom I Am Flowing Understanding I Am Flowing with the Source of all Readiness I Am Here Now I Am Present Now I Am in this Present Moment I Am Surrounded by Life I Am Able To Feel the Space in between Me and the Life That Surrounds

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I Am Able To Focus on Love I Am Able To Focus on Understanding I Am Able To Focus on What I Can Learn from this Situation I Am Open and Available in this Moment To Connect to the Higher Mind I Am Available for Infinite Wisdom To Flow through Me I Am Open and Available for Learning the Purpose of this Current Situation I Am Open and Available To Hear See or Feel the Relevance this Situation Has to My Current State of Growth

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I Am Completely Conscious of this Universe Being a Safe and Friendly One and that Everything Is Here for My Good My Growth and To Help Me To Love Myself and Others More every Single Day I Am Aware Now the Next Step I Need To Take I Am Aware Now of What I Can Learn from this Situation I Am Aware Now of How this Is Helping Me To Become More than What I Was Yesterday

I'M Able To Take a Break in My Mind Whenever I Need To I Am Able To Close My Eyes and Breathe Deeply Filling Myself Up Again Not Only with Oxygen but with Lifeforce Energy I Am Here for a Powerful Reason They Use Intense and Tremendous Purpose for My Life Everything I Am Experiencing Is Helping Me To Express Myself He Near and Expanded Ways I Am So Grateful for All My Experiences I'M So Grateful for this Current Experience I'M So Grateful that I Have a Mind I'M So Grateful for every Single Person That Comes into My Experience I'M Grateful for All the Gifts

of Consciousness Expansion Provides I Am Thankful for All the Wonderful Exciting Future Events That Will Take Place I'M Thankful for All the Incredibly Positive and Uplifting Experiences I'M Yet To Have I Am Thankful for All the Beautiful People in My Life I'M Thankful for All the Magnificent Expansion That Is Going On through the Process of My Life I Am So Thankful to the Universe for All the Support It Gives Me in All My Creations I Am So Thankful to the Universe for All the Support It Gives Me I'M So Thankful to the Universe for this Current Creation I Am So Thankful I'M Becoming More Away every Day of How this Experience Is Helping Me To Be More Unconditionally in Love with Myself and Others I Am Unconditionally Loving Myself I Am Unconditionally Accepting Myself I Am Unconditionally Accepting and Loving Others I Am Able To Take a Step Back

I Am So Thankful to the Universe for All the Support It Gives Me in All My Creations I Am So Thankful to the Universe for All the Support It Gives Me I'M So Thankful to the Universe for this Current Creation I Am So Thankful I'M Becoming More Away every Day of How this Experience Is Helping Me To Be More Unconditionally in Love with Myself and Others I Am Unconditionally Loving Myself I Am Unconditionally Accepting Myself I Am Unconditionally Accepting and Loving Others I Am Able To Take a Step Back and See the Bigger Picture

I Am So Thankful to the Universe for All the Support It Gives Me I'M So Thankful to the Universe for this Current Creation I Am So Thankful I'M Becoming More Away every Day of How this Experience Is Helping Me To Be More Unconditionally in Love with Myself and Others I Am Unconditionally Loving Myself I Am Unconditionally Accepting Myself I Am Unconditionally Accepting and Loving Others I Am Able To Take a Step Back and See the Bigger Picture I Am Able To See the Pattern I Am Able To See the Reason this Is Happening at this Time I Am Able To Accept It as a Reflection of My Creation Thank You Universe for Bringing this Awareness to Me Now I Have Loads of Energy I Am an Energetic Being I Am Able To Get through this with Ease and Grace I Am Graceful and Smooth in My Dealings with Others I Am Allowing Space in My Life for Epiphanies for Joy and for Synchronicities I Am Allowing Space for the Unknown To Unfold in My Experience

I Have Loads of Energy I Am an Energetic Being I Am Able To Get through this with Ease and Grace I Am Graceful and Smooth in My Dealings with Others I Am Allowing Space in My Life for Epiphanies for Joy and for Synchronicities I Am Allowing Space for the Unknown To Unfold in My Experience so that I Might Keep Moving to Me Places of Awareness and Consciousness I Am Deliberately Holding My Attention on the Positive Aspects of this Situation

I Am Allowing Space in My Life for Epiphanies for Joy and for Synchronicities I Am Allowing Space for the Unknown To Unfold in My Experience so that I Might Keep Moving to Me Places of Awareness and Consciousness I Am Deliberately Holding My Attention on the Positive Aspects of this Situation I Am Seeing Fun and Joy Wherever I Look I Am a Part of the Fun and Joy I Am Relaxed in My Abilities To Move through What Initially Seems like an Obstacle Is Fun Joy and Ease I Am on Track with My Thinking I Am on Track with My Feelings

I Am Relaxed in My Abilities To Move through What Initially Seems like an Obstacle Is Fun Joy and Ease I Am on Track with My Thinking I Am on Track with My Feelings I Know if I Start To Slide I Can Come Back and Really Align My Energy at any Time I Am Aligned I Am in Alignment with Growth I Am in Alignment with Peace I Am in Alignment with Love I Am in Alignment with Understanding I Am in Alignment with My Purpose I Am in Alignment with Solutions I Am in Alignment with New Ideas I Am in Alignment with Personal and Professional Development

I Am in Alignment with Understanding I Am in Alignment with My Purpose I Am in Alignment with Solutions I Am in Alignment with New Ideas I Am in Alignment with Personal and Professional Development I Am in Alignment with the Universal Energy of this Situation and I Easily Learn Grow and Lift Release to a New and Expanded Set Point I Am Flowing with Tnt I Am Flowing with Infinite Consciousness I Am Flowing with My Life River I Am Flowing in every Experience I Am Flowing Energy in every Interaction I Am Flowing Power I Am Flowing Potential I Am Flowing Purpose I Am Flowing Love I Am Flowing Understanding by and Flowing with the Source of all That Is I Am Here Now I Am Present Now I Am in this Present Moment I Am Surrounded by Life I Am Able To Feel the Space in between Me and the Life That Surrounds Me I Am Able To Feel the Space

I Am Flowing in every Experience I Am Flowing Energy in every Interaction I Am Flowing Power I Am Flowing Potential I Am Flowing Purpose I Am Flowing Love I Am Flowing Understanding by and Flowing with the Source of all That Is I Am Here Now I Am Present Now I Am in this Present Moment I Am Surrounded by Life I Am Able To Feel the Space in between Me and the Life That Surrounds Me I Am Able To Feel the Space in between Me and the Objects and People That Surround Me I Am Able To Feel My Connectedness to the Source of all That I Am Connected Now by Completely Now I Am What Intention and Attention Combining To Make Energy I Am Able To Focus I Am Able To Focus on Love I Am Able To Focus on Understanding I Am Able To Focus on What I Can Learn from this

Situation I Am Open and Available in this Moment To Connect to the Higher
I Am Able To Focus on Understanding I Am Able To Focus on What I Can Learn from this Situation
I Am Open and Available in this Moment To Connect to the Higher Mind I Am Available for Infinite
Wisdom To Flow through Me I Am Open and Available for Learning the Purpose of this Current
Situation I Am Open and Available To Hear See or Feel the Relevance this Situation Has to My
Current State of Growth I Am Confident that within the Next 24 Hours I Will Follow My Intuition
I Am Available for Infinite Wisdom To Flow through Me I Am Open and Available for Learning the
Purpose of this Current Situation I Am Open and Available To Hear See or Feel the Relevance this
Situation Has to My Current State of Growth I Am Confident that within the Next 24 Hours I Will Follow
My Intuition and I Will Learn What I Needed To Learn from this Situation I Am Confident that I Will Be
Able To Integrate this New Information That Will Bring Me into Closer Harmony with My Soul I Am a
Champion at Moving Quickly through these Bumps and Learning Growing and Expanding Myself in
the Process I Am Completely Aware that Everything Is Here in Service of Me as It Is for Everyone
I Am a Champion at Moving Quickly through these Bumps and Learning Growing and Expanding
Myself in the Process I Am Completely Aware that Everything Is Here in Service of Me as It Is
for Everyone I Am Completely Conscious of this Universe Being a Safe and Friendly One and that
Everything Is Here for My Good My Growth and To Help Me To Love Myself and Others More every
Single Day I Am Aware Now of the Next Step I Need To Take
I Am Completely Conscious of this Universe Being a Safe and Friendly One and that Everything Is
Here for My Good My Growth and To Help Me To Love Myself and Others More every Single Day
I Am Aware Now of the Next Step I Need To Take I Am Aware Now of What I Can Learn from this
Situation I Am Aware Now of How this Is Helping Me To Become More than What I Was Yesterday
Now I Am Aware of How the Incredible Infinite Intelligence Works in Miraculous Ways in My Life I Am
Turned On by Life I Am a Bright Light of Ideas and Exploding inside that Would Take Me to New and
Higher Places within Myself and within Life I Am Supported by a Positive Healthy and Happy Mindset
I Am a Bright Light of Ideas and Exploding inside that Would Take Me to New and Higher Places
within Myself and within Life I Am Supported by a Positive Healthy and Happy Mindset I Am Aware
that Just because Something New Is Happening that It Doesn't Mean that It Is Wrong or Bad I Am
Always Finding the Way I Can Always Find a Way I Am Always in the Right Place at the Right Time
and Everything Is Always Working Out for Me People Pop into My Experience at the Perfect Time I
Am Easily Meeting Other Beautiful Souls Who Somehow Have Exactly the Right Information I Am
Looking for I'M Relaxed in My Ability To See the Signs
Because I Am Dealing with What Is Going On in a Very Helpful and Positive Way I Am Lifting Myself
Up I Am Able To Focus on Things That Made Me Feel Good and Change My State Whenever I'M
Feeling Things I'LL Be Coming a Little Too Heavy I'M Able To Take a Break in My Mind Whenever
I Need To I Am Able To Close My Eyes and Breathe Deeply Filling Myself Up Again Not Only with
Oxygen but with Life Force Energy I Am Here for a Powerful Reason There Is Intense and Tremendous
Purpose for My Life
I Am So Grateful for this Current Experience I'M So Grateful that I Have a Mind and I Can Think I'M
So Grateful that I Have Feelings and I Can Feel I Am So Grateful that I Have Consciousness and
I Can Be Aware I Am So Grateful for every Single Person That Comes into My Experience I Am
Grateful for All the Gifts of Consciousness Expansion Provides I Am Thankful for All the Wonderful
Exciting Future Events That Will Take Place I Am Thankful for All the Incredibly Positive and Uplifting
Experiences I Am Yet To Have
I Am Grateful for All the Gifts of Consciousness Expansion Provides I Am Thankful for All the
Wonderful Exciting Future Events That Will Take Place I Am Thankful for All the Incredibly Positive
and Uplifting Experiences I Am Yet To Have I Am Thankful for All the Beautiful People in My Life I Am
Thankful for All the Magnificent Expansion That Is Going On through the Process of My Life I'M So
Thankful to the Universe for All the Support It Gives Me in All My Creations I Am So Thankful to the
Universe for All the Support It Gives Me I'M So Thankful to the Universe for this Current Creation I
Was So Thankful
I Am in Alignment with Understanding I Am in Alignment with My Purpose I Have Been Alignment
with Solutions I Am in Alignment with New Ideas I Am in Alignment with Personal and Professional
Development I Am in Alignment with the Universal Energy of this Situation and I Easily Burn Grow
and Move through Lives to a New and Expanded Set Point I Am Flowing with Dredging I Am Flowing
with Infinite Consciousness I Am Flowing with My Life Reba I Am Flowing in every Experience I Am
Flowing Energy in every Interaction I Am Flowing Power I Am Flowing Potential I Am Flowing Purpose
I Am Slowing Love by Them Flowing Understanding I Am Flying with the Source of all That Is
I Have Been Alignment with Solutions I Am in Alignment with New Ideas I Am in Alignment with

Personal and Professional Development I Am in Alignment with the Universal Energy of this Situation and I Easily Burn Grow and Move through Lives to a New and Expanded Set Point I Am Flowing with Dredging I Am Flowing with Infinite Consciousness I Am Flowing with My Life Reba I Am Flowing in every Experience I Am Flowing Energy in every Interaction I Am Flowing Power I Am Flowing Potential I Am Flowing Purpose I Am Slowing Love by Them Flowing Understanding I Am Flying with the Source of all That Is I Mean Now I Am Present Now I Am in this Present Moment I Am Surrounded by Life

I Am Flowing in every Experience I Am Flowing Energy in every Interaction I Am Flowing Power I Am Flowing Potential I Am Flowing Purpose I Am Slowing Love by Them Flowing Understanding I Am Flying with the Source of all That Is I Mean Now I Am Present Now I Am in this Present Moment I Am Surrounded by Life I Am Able To Fill the Space in between Me and the Life That Surrounds Me I Am Able To Fill the Space in between Me and the Objects and People That Surround Me I Am Able To Feel My Connectedness to the Source of all That Is I Am Connected Now I Am Ag Now I Am White Intention and Attention Combining To Make Energy

I Am Able To Feel My Connectedness to the Source of all That Is I Am Connected Now I Am Ag Now I Am White Intention and Attention Combining To Make Energy I Am Able To Focus I Am Able To Focus on Love I Am Able To Focus on Understanding I Am Able To Focus on What I Can Learn from this Situation I Am Open and Available in this Moment To Connect to the Higher Mind I Am Available for Infinite Wisdom To Flow through Me I Am Open and Available for Learning the Purpose of this Current Situation I Am Open and Available To Hear See or Feel the Relevance this Situation Has to My Current State of Growth

I Am Open and Available for Learning the Purpose of this Current Situation I Am Open and Available To Hear See or Feel the Relevance this Situation Has to My Current State of Growth I Am Confident that within the Next 24 Hours I Will Follow My Intuition and I Will Learn What I Needed To Learn from this Situation I Am Confident that I Will Be Able To Integrate this New Information That Will Bring Me into Closer Harmony with My Soul I Am a Champion at Moving Quickly through these Bumps and Learning Growing and Expanding Myself in the Process I Am Completely Aware that Everything Is Here in Service of Me as It Is for Everyone

I Am a Bright Light of Ideas and Exploding inside that Would Take Me to New and Higher Places within Myself and within Life I Am Supported by a Positive Healthy and Happy Mindset I Am Aware that Just because Something New Is Happening that It Doesn't Mean that It Is Wrong or Bad I Am Always Finding the Way I Can Always Find a Way I Am Always in the Right Place at the Right Time and Everything Is Always Working Out for Me People Pop into My Experience at the Perfect Time I Am Easily Meeting Other Beautiful Souls You Somehow Have Exactly the Right Information I'm Able To Take a Break in My Mind Whenever I Need To I Am Able To Close My Eyes and Breathe Deeply Filling Myself Up Again Not Only with Oxygen but with Lifeforce Energy I Am Here for a Powerful Reason There Is Intense and Tremendous Purpose for My Life Everything I Am Experiencing Is Helping Me To Express Myself in New and Expanded Ways I Am So Grateful for All My Experiences I Am So Grateful for this Current Experience I'm So Grateful that I Have a Mind

I Am Grateful for All the Gifts of Consciousness Expansion Provides I'm Thankful for All the Wonderful Exciting Future Events Take Place I Am Thankful for All the Incredibly Positive and Uplifting Experiences Only Yet To Have I Am Thankful for All the Beautiful People in My Life I Am Thankful for All the Magnificent Expansion That Is Going On through the Process of My Life I'm So Thankful to the Universe for All the Support It Gives Me in All My Creations I Am Sorry Thankful to the Universe for All the Support Who Gives Me I'm Sorry Thankful to the Universe for this Current Creation I Am So Thankful but I'm Becoming More Aware every Day of How this Experience Is Helping Me To Be More Unconditionally in Love with Myself and Others I Am Unconditionally Loving Myself by Liam Unconditionally Accepting Myself I Am Unconditionally Accepting and Loving Others I Am Able To Take a Step Back

I Have Loads of Energy I Am an Energetic Being I Am Able To Get through this with Ease and Grace I Am Graceful and Smooth in My Dealings with Others I Am Allowing Space in My Life for Epiphanies for Joy and for Synchronicities I Am Allowing Space for the Unknown To Unfold in My Experience so that I Might Keep Moving to Me of Awareness and Consciousness I Am Deliberately Holding My Attention on the Positive Aspects of this Situation I Am Seeing Fun and Joy Wherever I Look I Am a Part of the Fun and Joy

I Am Allowing Space in My Life for Epiphanies for Joy and for Synchronicities I Am Allowing Space for the Unknown To Unfold in My Experience so that I Might Keep Moving to Me of Awareness and Consciousness I Am Deliberately Holding My Attention on the Positive Aspects of this Situation I Am Seeing Fun and Joy Wherever I Look I Am a Part of the Fun and Joy I Am Relaxed in My Abilities To

Move through What Initially Seems like an Obstacle

So that I Might Keep Moving to Me of Awareness and Consciousness I Am Deliberately Holding My Attention on the Positive Aspects of this Situation I Am Seeing Fun and Joy Wherever I Look I Am a Part of the Fun and Joy I Am Relaxed in My Abilities To Move through What Initially Seems like an Obstacle with Fun Joy and Ease I Am on Track with My Thinking I Am on Track with My Feelings I Know if I Start To Slide I Can Come Back and Really Align My Energy at any Time I Am Aligned by I Mean Alignment with Growth I Am in Alignment with Peace I Am in Alignment with Love I Am in Alignment with Understanding I Am in Alignment with My Purpose

I Am in Alignment with Solutions I Am in Alignment with New Ideas I Am in Alignment with Personal and Professional Development I Am in Alignment with the Universal Energy of this Situation and I Easily Learn Grow and Move through this to a New and Expanded Set Point I Am Flowing with Plenty I Am Flowing with Infinite Consciousness I Am Flowing with My Life Forever I'M Flowing in every Experience I Am Flowing Energy in every Interaction I Am Flowing Power I Am Glowing Potential I Am Flowing Purpose I Am Flowing Love I Am Flowing Understanding I Am Flowing with the Source of all That Is

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