

Trey Affirmations Notebook Diary Positive Affirmations Workbook Includes

[#Trey Affirmations Notebook](#) [#Positive Affirmations Workbook](#) [#Daily Affirmations Journal](#) [#Self-Care Affirmation Diary](#) [#Mindfulness Gratitude Planner](#)

Unlock the power of positive thinking with the Trey Affirmations Notebook Diary, a comprehensive workbook designed to guide you through daily affirmations and foster a resilient mindset. This journal includes inspiring prompts and dedicated space to cultivate gratitude, promote self-reflection, and embrace personal growth on your journey towards well-being and mindful living.

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Morning Affirmations [LISTEN FOR 10 DAYS] ~~+~~Raise Your Frequency - Law Of Attraction ~~-~~Gratitude - Morning Affirmations [LISTEN FOR 10 DAYS] ~~+~~Raise Your Frequency - Law Of Attraction ~~-~~Gratitude by Kevin Pond - Meditation 21,565 views 1 year ago 38 seconds – play Short - Repeat these quick morning **affirmations**, [listen for 10 days] to bring more health, wealth, love, abundance, peace, joy and ...

for my health

for my family

for my joy

MAKE EASY AFFIRMATION JOURNALS! POSITIVE VIBE FILLED JOURNAL...A FEEL GOOD NOTEBOOK! - MAKE EASY AFFIRMATION JOURNALS! POSITIVE VIBE FILLED JOURNAL...A FEEL GOOD NOTEBOOK! by The Posh Paper Lady 16,975 views 4 years ago 28 minutes - DON'T GIVE IN TOMTHE STRESSES OF TODAY! These easy encouragement journals are designed to boost your spirit!

Positive Affirmations to Manifest Your Dream Life < Positive Affirmations to Manifest Your Dream Life < by Lavendaire 315,419 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 ...

YOU ARE Positive Affirmations: Recode & Rewire your SUBCONSCIOUS While You Sleep! TRANSFORM YOURSELF - YOU ARE Positive Affirmations: Recode & Rewire your SUBCONSCIOUS While You Sleep! TRANSFORM YOURSELF by Rising Higher Meditation ® 221,688 views 6 months ago 8 hours - 8Hrs **Positive Affirmations**, to REcode your mind and REwire your brain. Change your beliefs and PAST CONDITIONING while you ...

I AM Affirmations while you SLEEP for Confidence, Success, Wealth, Health & Spiritual Alignment - I AM Affirmations while you SLEEP for Confidence, Success, Wealth, Health & Spiritual Alignment by Rising Higher Meditation ® 9,849,520 views 5 years ago 5 hours, 54 minutes - 6Hrs Change

your Beliefs and PAST CONDITIONING while you SLEEP! POWERFUL!! 'I AM' **Affirmations**, for a wonderful LIFE with ...

Positive Affirmations WHILE SLEEPING! LAW OF ATTRACTION To MANIFEST Health, Wealth & Happiness FAST! - Positive Affirmations WHILE SLEEPING! LAW OF ATTRACTION To MANIFEST Health, Wealth & Happiness FAST! by Rising Higher Meditation ® 274,573 views 11 months ago 8 hours - 8Hrs REPROGRAM YOUR MIND and change your beliefs WHILE YOU SLEEP! Use the LAW OF ATTRACTION with **Positive**, ...

Sleep Programming for Prosperity ~ Millionaire Mindset Affirmations ~ Attract Wealth & Abundance - Sleep Programming for Prosperity ~ Millionaire Mindset Affirmations ~ Attract Wealth & Abundance by Growing Forever 4,073,857 views 5 years ago 8 hours - These powerful millionaire mindset **affirmations**, will change your mind set into one of wealth, prosperity, and abundance.

Reprogram Your Mind While You Sleep, Positive Mind "I AM" Affirmations Before Sleep - Reprogram Your Mind While You Sleep, Positive Mind "I AM" Affirmations Before Sleep by Jason Stephenson

- Sleep Meditation Music 2,804,799 views 1 year ago 3 hours - **#affirmations**, **#forsleep** **#jason-stephenson** **#guidedmeditation** **#sleepmeditation** Reprogram Your Mind While You Sleep "I AM" ...

528Hz TRUST THE UNIVERSE | Everything Is Always Working Out For You | Positive SLEEP Affirmations - 528Hz TRUST THE UNIVERSE | Everything Is Always Working Out For You | Positive SLEEP Affirmations by Rising Higher Meditation ® 682,223 views 2 years ago 8 hours, 31 minutes - Change your Beliefs and PAST CONDITIONING while you SLEEP! **Affirmations**, to change your programming. Return to TRUST.

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 1,723,235 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" ...

I Am Affirmations While You Sleep: INSTANTLY TRUST & LET GO ~ Know EVERYTHING IS WORKING OUT FOR YOU - I Am Affirmations While You Sleep: INSTANTLY TRUST & LET GO ~ Know EVERYTHING IS WORKING OUT FOR YOU by Rising Higher Meditation ® 250,497 views 8 months ago 8 hours - 8Hrs POWERFUL **Positive**, Reprogramming. 'I AM' **Affirmations**, for Trust with super RELAXING SLEEP MUSIC. 528Hz BINAURAL ...

Introduction

Everything Is Working Out for Me

Allow Negativity to Fall Away Now

I Let Go Now

I Am That I Am

It is Safe for Me to Be Happy

I Trust You God

I Surrender and Have Faith

I Am Loved

I Am Enough

I Trust the Unknown

I Am Flowing

Trust

I Create My Life

The Gratitude Miracle

Black screen I AM Affirmations. Trust The Universe | Surrender Release Resistance While You Sleep - Black screen I AM Affirmations. Trust The Universe | Surrender Release Resistance While You Sleep by Rising Higher Meditation ® 214,789 views 1 year ago 7 hours, 58 minutes - Black Screen. 528Hz BINAURAL BEATS THETA WAVES. 'I AM' **Affirmations**, to sink into consistent states of TRUST, opening up to ...

528Hz Align w Unconditional Love, Appreciation, Trust & Perfect Timing CLEAN & CODE While You Sleep! - 528Hz Align w Unconditional Love, Appreciation, Trust & Perfect Timing CLEAN & CODE While You Sleep! by Rising Higher Meditation ® 1,204,502 views 2 years ago 7 hours, 47 minutes - 528Hz -"To change your life, you must change your energy," Joe Dispenza. Tonight we will clean up your vibrational field and ...

Introduction

Meditation

Recoding Affirmations

Reprogram Your Mind While You Sleep. Positive Affirmations for SELF-LOVE. BLACK SCREEN

Healing 432Hz - Reprogram Your Mind While You Sleep. Positive Affirmations for SELF-LOVE. BLACK SCREEN Healing 432Hz by Rising Higher Meditation ® 233,203 views 9 months ago 7 hours, 28 minutes - 7 Hrs Change your Beliefs and PAST CONDITIONING. LOVE YOURSELF, heal yourself, and change your frequency while you ...

5 Positive Affirmations | morning affirmations | 2 HINDI @ 2022 #5 Short - Video Topics: 5 **Positive Affirmations**, | morning affirmations, | **positive affirmations**, HINDI **positive affirmations**, ...

HOW TO MANIFEST BY WRITING POWERFUL AFFIRMATIONS - MANIFESTATION JOURNAL - HOW TO MANIFEST BY WRITING POWERFUL AFFIRMATIONS - MANIFESTATION JOURNAL by Adrienne Fox 22,751 views 3 years ago 6 minutes, 8 seconds - In this video I talk about the power of writing down **affirmations**, in a manifestation **journal**,. Journaling + **positive affirmations**, are a ...

I AM Worthy, Wealthy, Happy. Replace Negative Thinking With Positive Affirmations. Black Sleep Screen - I AM Worthy, Wealthy, Happy. Replace Negative Thinking With Positive Affirmations. Black Sleep Screen by Rising Higher Meditation ® 632,431 views 2 years ago 8 hours, 11 minutes - 8Hrs Change Your Thoughts + Feelings = Change Your LIFE! What you attract is based on your perceptions of yourself and life.

Stop any Negative Thoughts by Being Aware of Them and Replacing Them with Healthy Positive Uplifting Thoughts

I Am a Good Person

I Am a Good Person I Am Valuable

Black Screen 'YOU ARE' Positive Affirmations for Health, Wealth & Success While You SLEEP.

Reprogram - Black Screen 'YOU ARE' Positive Affirmations for Health, Wealth & Success While You SLEEP. Reprogram by Rising Higher Meditation ® 118,974 views 10 months ago 8 hours - Change your beliefs and past conditioning while you SLEEP! Reprogram your subconscious mind with 'YOU ARE' **positive**, ...

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 ® 2,055,426 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 Life Force 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 Life Force 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 Hear 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 Life Force 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

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 Now I Am a Way of How the Incredible Infinite Intelligence Works in Miraculous Ways in My Life I'M 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 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 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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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 Sorry Thankful to the Universe

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

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 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 Light Intention and Attention Combining To Make Energy

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 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 Mean 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 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

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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

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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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I Am Worthy

I Am Radiant

I Choose Love over Fear

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