

"Emergency Change-Your-Life Plan"



Wealth



Health

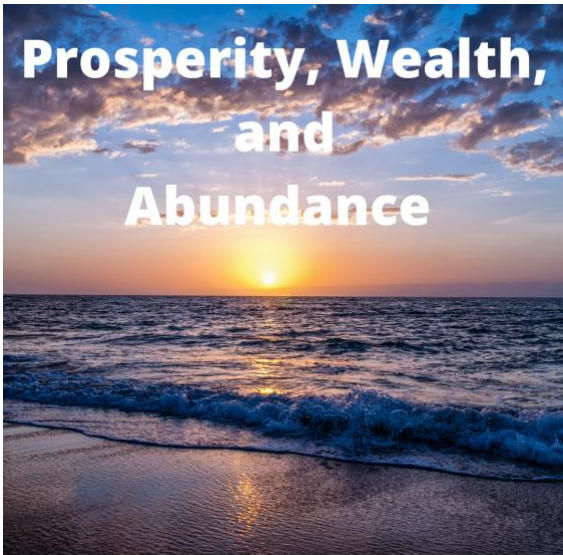


Relationships

Daily Affirmations for Success

"Mindset Affirmations" to Reach Your Money,
Relationship, or Health Goals

Money Affirmations



Financial Abundance

Repeating financial and abundance affirmations is a great way to overcome any negative money mindset issues you may have. Your thoughts are a powerful and often unseen driver of your actions and without understanding what you're giving off you can't control what you're attracting. Here are some of my favourites.

Start by using a few of these affirmations in the morning and in the evening before sleep.

Wealth, abundance, and financial stability all come to me naturally.

I attract success and wealth.

There is always more than enough money in my life.

I control my money. Money doesn't control me.

I am grateful for the abundance of wealth in my life.

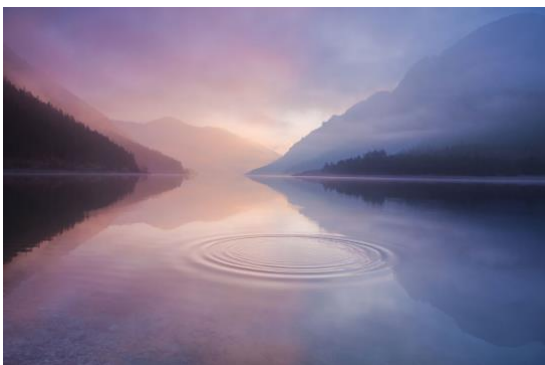
I have the skills and attitude required to successfully reach my financial goals.

I am in complete control of my financial life.

Money flows freely to me.

My income is constantly increasing.

I am completely focused on being financially successful.



Health Affirmations

Health and Wellness

Firstly you'll never create good health by talking or thinking about your illness. Realise that your body knows how to heal itself. If you feed it healthy foods and beverages, give it exercise and sufficient sleep, and think happy thoughts, then its work is easy. You can choose to think thoughts that create a mental atmosphere that contributes to illness, or you can choose to think thoughts that create a healthy atmosphere both within you and around you. It's your choice your decision.

Try some of these affirmations for health.

I make healthy choices. I have respect for myself.

I breathe deeply and fully. I take in the breath of life, and I am nourished.

My body is always doing its best to create perfect health.

I balance my life between work, rest, and play. They all get equal time.

I am constantly discovering new ways to improve my health.

I return my body to optimal health by giving it what it needs on every level.

Filling my mind with pleasant thoughts is the quickest road to health:

My happy thoughts help create my healthy body.

I am the only person who has control over my eating habits. I can always resist something if I choose to.

I am grateful for my healthy body. I love life.



Be a willing participant in your own health plan. When your body is telling you that something you're doing isn't good for your body, take notice of what that is and take time to correct it.

Relationship Affirmations

Affirmations are a great start to improve your love life and relationship. It's been said it takes 21 days of using affirmations consistently to have a permanent change. Your subconscious mind receives the affirmations when you use them every day and make it a habit to affirm every day, just like brushing teeth every day.

I deserve **love** and being loved.

I give my heart, ready to receive the heart of another.

I find **love** everywhere I go.

I am loved more than I ever thought possible.

I am a **love** magnet.

I am open to receive knock-my-socks off love.

I am making room for an amazing partner in my life!

The universe is bringing my soulmate to me!

I **love** myself to the fullest.

