



## CAREER

Goal: Know that what you are doing is worthwhile; you are valuable

1. I am always productive
2. Success comes easily to me
3. I begin this day with confidence
4. My team is qualified and capable
5. Our clients are happy and satisfied
6. I am rewarded for all the work I do
7. As I succeed I become more lovable
8. The Universe supports my every effort
9. My work is always recognised positively
10. I deserve to be successful doing work I love
11. I am a leader I act in spite of fear!
12. I am a leader I'm bigger than any obstacle!
13. I am a leader I keep my commitments!
14. I am a leader I speak the truth at all times!
15. I am an excellent PROMOTOR!
16. What other people think about me is not important, what I think about myself is important!
17. Money comes easily and frequently to me!
18. I keep earning more and more!
19. I open myself to receive good things in my life!
20. I focus only on the positive!
21. I easily attract new customers and distributors!
22. I take myself lightly while I take my work in life seriously
23. Every task I do is worthwhile and is part of a bigger plan
24. I respect my abilities and always work to my full potential
25. I invite new choices into my life
26. I integrate trust into every aspect of my life
27. I am filled with energy to do all the daily activities in my life
28. Dealing with money is as easy as breathing
29. I recognise resources I didn't know I had
30. I have abundant energy, vitality and well-being



## SELF-ESTEEM

Goal: Shine with inner knowledge that you are truly wonderful

1. I am valuable
2. I walk in beauty
3. I am intelligent
4. I never give up
5. I respect myself
6. I can do anything
7. I am as free as a bird
8. I am free to be myself
9. I accept myself as I am
10. I am good and I know it
11. I am a talented person
12. I have confidence in myself
13. I am the captain of my ship
14. My heart is open and ready
15. I deserve to be treated right
16. I am a success in all that I do
17. I pay more attention to myself
18. I am achieving all of my goals
19. I believe in my gifts and abilities
20. I release my need to be humiliated
21. I release my habit of self-criticism
22. Every choice I make is the right one
23. My own expectations are exceeded
24. My insecurity is replaced with wisdom
25. At my centre there is a incandescent fire
26. I release myself from harmful judgments
27. My existence is important to the Universe
28. I'm the best thing that's ever happened to me
29. I am doing everything with passion and high confidence
30. I am amazing every step of the way in life



## HEALTH & WELL-BEING

Goal: Your body is a temple; enjoy vitality

1. I have the power to control my health
2. I am in control of my health and wellness
3. I am always able to maintain my ideal weight
4. I always treat my body with love and respect
5. I have abundant energy, vitality and well-being
6. I am filled with energy to do all the daily activities in my life
7. I am welcoming peace
8. I allow myself to be quiet
9. I am at peace with myself
10. I feel absolutely supercharged
11. Today is my chance to be healthy
12. My vital energy resurfaces naturally
13. I enjoy the food that is good for me
14. I am healthy in all aspects of my being
15. I am joyful
16. I am letting go
17. My mind is at peace
18. I am healthy and happy
19. I feel strong
20. I eat nutritious meal
21. My health is at the optimum level
22. My health is my priority
23. I am always at the best state of health
24. I am filled with amazing feelings
25. My body chakra is balanced
26. I absorb all the positive things
27. I am at peace with everything in my life
28. I always find best ways to maintain my being
29. I am filled with enthusiasm
30. I am filled with limitless energy



## LOVE

Goal: Love without fear, love as you would be loved

1. The more I love, the more that love is returned to me
2. I love without fear
3. I am worthy of love
4. Wherever I go, I am loved
5. Love is eternal and ever-lasting
6. Love flows into my life like a river
7. I am a magnet to loving relationships
8. I allow myself to receive love without guilt
9. My relationships make perfect sense to me
10. My partner is understanding and supportive
11. I accept others as they are, just as they accept me
12. The more I love, the more that love is returned to me
13. There is purity in the quiet touch
14. Love is eternal and ever-lasting
15. Love flows into my life like a river
16. I am a magnet to loving relationships
17. I allow myself to receive love without guilt
18. I Love myself!
19. I believe in myself, I can do it!
20. I release negative things easily!



## PARENTHOOD

Goal: Relax, appreciate the joyful moments parenthood brings

1. My life is full of amazingly wonderful surprises
2. I am relaxed and at peace with my parenting skills
3. I give myself credit for knowing what is best for my family
4. I know that each stage in life has its own rewards and benefits
5. I give myself permission for my children to love me the way I am
6. I do not need to fill my calendar
7. I see the treasures I already have
8. What I speak is heard and heeded
9. I allow myself to march at my own rhythm
10. I feel like a grown-up, even when around my parents
11. I give myself credit for knowing what is best for my family
12. I know that each stage in life has its own rewards and benefits
13. I give myself permission for my children to love me the way I am
14. I give myself credit for knowing what is best for my family
15. I cherish every moment of the day



## DAILY LIFE

Goal: Learn gratitude for each moment; each sunrise brings new gifts

1. I am creating the life I love
2. I cherish every moment of the day
3. My life has purpose
4. I recreate myself daily
5. It's okay to enjoy myself
6. I am creating the life I love
7. I cherish every moment of the day
8. Today is my chance to be healthy
9. The gift of laughter is a treasured gift
10. I am allowed to stop and appreciate the quiet
11. My life is full of amazingly wonderful surprises
12. I am filled with energy to do all the daily activities in my life
13. Today is my chance to be healthy
14. The gift of laughter is a treasured gift
15. I'm calm and centred, now and always
16. I visualize my goals daily!
17. I am successful in everything I do!
18. I keep earning more and more!
19. I open myself to receive good things in my life!
20. I am a leader I keep my commitments!

## COMMUNITY

Goal: Give out love, reap it back in!

1. All is right in the world
2. I like what I see all around me
3. The world is filled with wonder
4. I am a caring and sharing person
5. Lives are made better by our efforts
6. I am at peace with all those around me
7. I choose to connect with humanity today
8. I am enjoying co-creating a world of equality
9. As I prosper, everyone around me prospers
10. I open myself to receive good things in my life!
11. I have wonderful friends
12. I make friends easily
13. I like being with people
14. Everyone has something to offer
15. People believe I am successful



## SPIRITUALITY

Goal: Revel in surrendering to the Universe; rejoice in true inner peace

1. I am responsible for my own Spiritual Growth
2. I give myself permission to be at one with the Universe
3. As I listen to the Universe within, I am led
4. I am always in harmony with the Universe
5. The Universe assists me as I move forward
6. My spiritual path is revealed
7. The Universe fulfils my every desire
8. I am at one with the inner child in me
9. I have come well prepared for this life
10. I am led exactly to where I need to be

## SEIZE THE MOMENT

Goal: Experience and appreciate Life. Enjoy gratitude for each moment

1. This moment exists only if I reach out and take hold of it
2. Today I choose to do what I can.... and I can do anything
3. On the day of my death I will know that I laughed lovingly, fully and well
4. I stand in complete satisfaction
5. I embrace life in its absolute fullness
6. At this moment, I have all that I need
7. I stand in complete satisfaction
8. I embrace life in its absolute fullness
9. At this moment, I have all that I need
10. Each moment is a precious gift



## PROVIDENCE

Goal: Material needs come to you as you need them

1. Dealing with money is as easy as breathing
2. I recognise resources I didn't know I had
3. I always have enough money for all that I need
4. My joy attracts financial resources
5. I am constantly adding to my income
6. At this moment, I have all that I need
7. Everything I touch returns riches to me
8. I always spend money wisely
9. It's easy to manage my finances
10. I can relax concerning finances
11. It's okay to be wealthy and happy
12. My joy attracts financial resources
13. I am open to abundance
14. I am free of debt