

*For Body
Love*

- “I love my body.”
- “I am grateful for the way my body navigates the Earth.”
- “My body is strong and powerful.”
- “I am proud of the changes which my body experiences.”
- “In my healthy environment, my body heals itself.”
- “I am amazed by the way my body evolves.”
- “I am happy and healthy.”

*For
Relationships*

- “I am whole, and I choose to share my life with others.”
- “Caring for myself improves my relationships with others.”
- “I am amazed by my capacity to love, including the love I have for myself.”
- “I love myself.”
- “When I care for myself, it improves my relationships with my children.”
- “When I care for myself, it improves my relationship with my spouse.”
- “I honor my need for solitude.”
- “I do what feels right in my body.”
- “I am loved and supported when I take time for myself.”

*For Wealth &
Abundance*

- “I am a vessel for abundance.”
- “I have plenty of money.”
- “I am grateful for all that I have.”
- “The universe gives me whatever I need.”
- “I enjoy giving to myself.”
- “I fill up my tank first so that I can lovingly serve others.”

*For The
Environment*

- “I am part of the oneness of the Universe.”
- “Nature restores me.”
- “I nurture my relationships with animals.”
- “I am powerful, and I can make a difference.”
- “My environment nourishes my body.”
- “I honor Mother Earth, and She honors me.”

*For Stress &
Anxiety*

- “I am in control of my emotions.”
- “I choose how I respond to circumstances.”
- “I choose to live in the moment.”
- “I am powerful and creative.”
- “The Universe/God/Source has my back.”
- “I choose my thoughts.”
- “I have plenty of love and support and can ask for help whenever I choose.”

*For
Work*

- “I am creative in my work.”
- “I am loved and supported by my colleagues.”
- “When I feel stressed at work, I breathe deeply and feel my feet.”
- “I listen to my body and honor what it needs at all times.”
- “When my heart is full, I am able to serve.”
- “I always do my best, and my best is always enough.”

*For Time
Management*

- “I trust that I am doing what I want with my time.”
- “I only do things which I am fully resourced to do.”
- “I choose to use my creative energy to complete tasks.”
- “I am loved and supported, and others will always help me.”
- “My hobbies are every bit as important as my work.”
- “I choose to use my time to be creative and to imagine.”
- “I trust that my creativity leads to inspiration in all aspects of my life.”

*For Self
Love*

- “I am beautiful and radiant.”
- “I contribute to the flow of the Universe.”
- “It is important to express my creativity.”
- “I have a powerful voice.”
- “I honor my body, and I do what feels right.”
- “I express myself freely, without reservation.”
- “I have a purpose.”