



Affirmation

(Recite out loud at beginning of each day)

Today is a great day.

*Today and everyday, I will love, heal
and positively influence myself and others.*

My life is a huge success!

My positive thoughts co-create my reality.

I focus on unconditional love, abundant wealth and optimal health.

*I am committed to personal growth and constant, never-ending
improvement in my thoughts, words and deeds.*

*I take time to observe and absorb nature's (universal, God's)
wisdom.*

I maintain present-moment-awareness,

*I continually take correct action in harmony with the laws of nature
(the universe, God) in order to achieve specific goals.*

*I dream big dreams, relish small pleasures, handle all challenges
gracefully and cheerfully remain open to all possibilities.*

Today is a great day.