



Affirmations and Intentions

If you find ones that resonate with you, write them out on index cards or post-its until you memorize them. Say them whenever you feel inspired, or whenever you need inspiration - especially in the morning, when you are most impressionable. Also consider placing them on your dashboard in your car, or at your desk.

I highly recommend this one to everyone (from Gay Hendrick's *The Big Leap*)

"I expand in abundance, success and love every as I inspire those around me to do the same."

Who couldn't use more of all that?!

Others:

Wealth (love, success, contentment, etc) flows to me easily, effortlessly, and in unexpected ways."

I am loved fully and completely for who I am.

I love exercise - it energizes me!

I am baddass (or, I am such a total badass)

I am blessed

I allow change effortlessly and easily.

I am clear.

I have more than enough time/money.

I am perfectly healthy

I am so damn sexy.

I am safe.

My body knows exactly what to do.

Nothing can be taken from me.

I make decisions quickly and easily.

I love to go to the gym!

I easily and effortlessly attract positive friends.

I am wanted.

I am surrounded by people who love me and support me.

From my coach: There is an inexhaustible source of (perople/money/friends/resources), and I am conncted to it at all times.