

REINVENTION

Affirmations



*Melissa*KATHRYN

WORTHY. EMPOWERED. EXPRESSED



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Wholeness Affirmations

Affirmations must always be stated in the present tense – Use words such as “I AM, I HAVE” do not use words such as “I will, I want”

Instructions:

Please use the ones that resonate with you most or repeat them all, allow yourself to say them at least 5x each, and let your mind create visuals for what you desire most.

AFFIRMATIONS FOR “ALL THE THINGS” & BIZ OWNERS:

My man is on the way. The money is on the way.

My life, power, and potential are completely unlimited.

I choose to drop the littleness.

I am willing to tell myself a new story.

I did it, I’m doing it, I will continue doing it- until that which I have done is perfectly externalized in my world- DO THIS AFFIRMATION ALL THE TIME

I am limitless.

This is my time. I am ready for the next step.





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I am worthy of every desire.

The universe supports my heartfelt work

I know I am being guided

I love money and money loves me. I receive joyfully

I am loved and appreciated and supported by money

What I need is given to me

What does not serve me is removed

I am enough I have more than enough

There is always more coming in than going out

The universe has my back.

I know I'm being guided

Help me see things differently

I will make more money than ever before this month

This is going to be a great day (week, month, year)

Epic and magical things happened to me this month



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I'm always having a good time!

New ideas are flowing to me constantly!

Incredible invitations are always being sent to me.

I'm the luckiest girl in the world!

My life just keeps getting better and better!

I keep making more and more money! It keeps coming!

I'm doubling my earnings every day!

Incredible love is here to stay! My ideal man has come in an ideal way, and now are ideal lives are being lived now and every day!

I said yes!

I love living my life! I love living life!

Life is so juicy! I've never had so much fun!

Amazing things are always happening to me!

I am living my soul's purpose!

This is was the best X ever! So fun, filled with love and laughter! Tons of compliments and inner peace! Loved every minute of it! I feel so full, lit up, and supported by God and my angels❤️



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Making money is so easy!

I am highly paid to be me!

Life is always supporting me!

Today is the best day of my life!

I am so blessed! Money finds me wherever I go! Everything I do turns to gold!

Incredible men want to marry me-they are everywhere and adore me! I'm so blessed!

My soulmate finds me quickly and easily!

I'm at my goal weight of X pounds OR size! I feel and look amazing! I can eat whatever I want and stay the same weight.

I'm in perfect health.

I have a waitlist of my ideal clients, who want to pay me a lot of money to work with me.

My desires flow to me easily. I just think it and it appears.

I offer private coaching and the perfect clients appear!

When I put out offers money comes in! Everything I create makes me lots of money.



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I am a multimillionaire.

My following is huge and they love me! I get to help millions by being me!

I love myself, I love my body, and I am perfect exactly as I am.

I release the need to feel unworthy, I am worthy and deserving of the very best in life.

I am beautiful, I am perfect, I am whole.

I am capable.

My life flows with joy and ease.

I am in a state of positive change.

I am powerful, passionate, and perfect exactly as I am.

I am fully supported to achieve my dreams and desires.

I am healthy, fit, and strong.

My body feels tighter and lighter.

With each day I am closer to my goals.

I am whole, happy and free.

Love surrounds me as I continue to grow and change.



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I am more than enough.

My dreams are my reality.

I have everything I need.

I am willing to release the need to feel unworthy, I am worthy and deserving of the very best in life and I now lovingly allow myself to accept it.

I am willing to release the pattern in me that created these conditions (this can be around money, weight, love).

I am in the process of positive change.

I love and accept myself full exactly as I am.

I have my ideal body.

I now create a wonderful job.

I am prosperous – I attract an abundance of money - place a dollar value.

I love and approve of myself and my life.

I deserve the best and I accept that now.

I trust the process of life to bring me my highest good.

All things are resolved in my favor.



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It's safe to show up authentically as me.

It's safe to be radically honest.

When I show up and be myself everyone falls in love with me.

It is safe to be me.

I am loved, accepted, and paid for being unapologetically myself.



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SPECIFIC BODY & HEALTH AFFIRMATIONS:

I am grateful for my body.

I trust my body and my body's wisdom.

Eating is an opportunity to honor and fuel my body.

My body receives all the nutrients it requires from my food with ease.

My body is a gift.

I release my old stories about my body that no longer serve me.

I am creating NEW beliefs that support my vision.

It is easy for me to create new habits.

I release any limiting blocks/beliefs that are in my way.

I am worthy of true success.

What I focus on grows so I choose to focus on my progress.

I expect to be successful. Success is my natural state.

I love moving my body daily, in a way that feels joyful and fun.

Health, Happiness, and Success are natural outcomes for me.



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I love and appreciate my body.

I am worthy of being seen.

It is safe for me to shine.

It is safe for me to be visible.

I am beautiful, inside and out.

I let go of thoughts and behaviors that are no longer serving me.

I am opening up to powerful new thoughts, beliefs, and habits.

Every day is a chance for me to embody my goals.

I love and enjoy taking beautiful care of myself.

Self-care is key for me to be able to show up in the world.

My inner thoughts and beliefs create my outer circumstances.

I speak to myself with love and kindness.

It is easy for me to nourish my body.

My natural state is vibrant health: mind, body, and spirit.

I have an endless supply of energy.



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My actions are always moving me toward my highest truth.

It is easy for me to release excess weight: physical or mental.

I surround myself with other successful people.

I am filled with gratitude each day.

I enjoy stretching myself each day to discover my potential.

Healthy, Happiness, and Abundance are my birthright.

I am enough.

My thoughts create my reality.

I always focus on what is working.

I expect success and success reveals itself to me.

I am 100% committed to my goals.

I love and accept myself, deeply and completely.

I release all doubts and fears and move forward with ease.

Ease and flow are natural to me.

The Happier I am...the Healthier and Wealthier I am.