

27 Meditations

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Health

Good Health

Good health is my daily experience.

Good health is my gift from the universe.

Good health is okay for me to experience.

Good health is my daily routine.

I deserve good quality health.

Healing

*My body is whole, perfect, strong, powerful,
loving, harmonious, happy, and healthy.*

*I have total healing in my body from the top of
my head to the toes of my feet.*

Vitality

I experience perfect immunity, vitality, and optimal health.

My health improves daily, and my internal and external systems function flawlessly.

I am experiencing a long, healthy, and productive life.

Love

Give Love

Giving love is my mission. I embody and emanate love for myself and others.

As I go about my day, I focus on showing others love.

Attract Love

I attract meaningful, fulfilling, unconditional, consistent, and joyous love into my life.

Embody Love

I am love. I feel love. I demonstrate love. I act out of love. I move in love. I focus on love. I am love.

Family

Peace

There is an abundance of peace in my family.

There is an abundance of joy in my family.

There is an abundance of love in my family.

There is an abundance of togetherness in my family.

Community

My family is the foundation of my community.

*I cherish and actively cultivate the best
relationship possible with each member.*

Acceptance

I accept my family members for who they are. I never try to change or reshape them.

I allow them to grow on their own.

I release codependent behaviors and thoughts.

Friendship

Attracting Quality

I'm attracting healthy, quality, high-value, generous, and elevating friendships into my community and network.

I am the type of friend I want to attract more of into my life.

Building Reliability

I provide reliability to my friends as they do for me. I am reliable. My friends are reliable. I enjoy being present for my friends.

Steadfast Support

I am supportive of my community, family, friends, network, and all who come into my life, which attracts more supportive people and social resources into my life.

Wealth

Abundance Mindset

I think, feel, and live with an abundance mindset.

There is no such thing as lack in my experience.

The universe provides me with an abundance of resources and wealth. All of my needs and desires are being supplied to the fullest extent.

Within My Means

I practice living within my means. I stay within what I earn. I live within what I earn. I implement financial self-discipline. Impressing others is not a business I'm in. I seek fulfillment from life and not things.

Generosity

True wealth is founded on generosity. I focus on giving to others and adding more delight to their experiences.

Generosity is wealth.

Think about ways you can be more generous to others in your daily life.

Career

Purpose

My purpose for life is clear, tangible, and meaningful. I live out my purpose daily. I am 100% clear on my purpose. I am 100% clear on how I execute my purpose.

Meaningful Work

My work provides meaning and value to myself and others. I am excited about my work. I am excited about the fruits of my labor. I am excited about how my work positively impacts others.

How can you ensure your work is more impactful to others?

Transformational Flow

I do not place limits on my career, my purpose, or my work. I flow with the universe and allow new and unique opportunities to unfold that harmonize with my soul.

Goals

Daily Execution

My goals are clear as day, and I execute consistent energy and effort on them daily. I never allow a day to pass when I don't work on a goal.

Discipline

I am committed to discipline. I am committed to personal development. I am committed to bettering myself. I am committed to elevating my life. I am committed to executing my purpose. I am committed to execution without fail.

Prioritized Focus

I keep my goals in the forefront of my mind. I make steps towards my goals daily. I push through low and high moments and focus on the direction I need to go.

Happiness

Joy

I have the joy of the universe in my heart and soul. Joy runs through my veins. I will not subject my mind, heart, soul, and body to negativity. I choose joy.

Gratitude

I am grateful for all things -- both little and big. I choose gratitude daily. I choose to be grateful for everyone and each experience. I look for the good in everything and everyone.

Laughter

*Find the humor in everything. Laugh often.
Laugh at yourself. Laugh at others. Choose
laughter daily. Stay light-hearted. Stay easy-
going. Don't be so serious. Don't get so caught
up with the process of life.*

Peace

Quiet the Mind

View nature as your escape. Embrace nature.

Admire nature. Use nature to help you practice presence.

Cease Escaping

Take a break from technology, social media, the internet, the television, your computer, the streaming, and all the noise.

Be quiet. Sit still. Breathe. Be present.

Eliminators

Let go of any unproductive habits for a moment.

*Practice presence. Practice peace. Sit with
yourself and your thoughts until they quiet down
and slow down their pace.*

Thank You For Reading

Thank you for reading this book.

Stay loved, blessed, lucky, favored, aware,
joyous, enlightened, and committed to bettering
yourself.