

## 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.