I am beginning to feel better about myself and my situation. I am becoming clear and confident, and I am beginning to tell my Transition Story. YAY!

**That's Right!** I am beginning to celebrate where I am, and I have stopped making a big deal about where I am not. I am beginning to enjoy my life today. I'm allowing myself to make the best of what I've got. I finally get it - that all my creative power is here and now. I'm flipping the switch and becoming optimistic AF.

When things don't go my way, I don't make a big deal about it! When I have a problem, I see it as a wave of contrast. I surf that wave and embrace the opportunity to grow and evolve. I change my focus and seek solutions. Everything is always working out for me. I am always in the right place at the right time.

**That's Right!** I now know that what I FOCUS on, I will FEEL, and how I FEEL is how I ATTRACT. I am getting better at finding the feeling of my desires because I know it's FEELING FIRST, MANIFESTATION SECOND. I am excited and happy!

My family, friends, and co-workers are beginning to notice that I'm more positive and optimistic! I'm fun to be around! I'm living in the now, and feeling the WOW!

**That's Right!** I am getting good at finding reasons to feel good! I am becoming a "FEEL GOOD ARTIST" no matter where I am or who I am with; I can always find something to feel good about. **That's right!** I am beginning to feel deeper levels of appreciation for myself and others. I know I am loved, and I am being guided! **I finally get it -** being HAPPY is the prize, not the manifestation.

**That's Right!** I am beginning to love and appreciate myself more and more. I love my emotional guidance, and I can feel when I'm off or on my path. I am making the right decisions at the right time. I am becoming the HERO of my story.

I love my morning and evening activation rituals that set me up to have a great day every day! I am creating great habits of positive focus and flow. I won "the lottery" called my life! I am happy and free, and everything is working out for me!

**PICK 3-6 that feel good to you.** Then go deeper into feeling that thought, and believe that thought. Repeat it several times and visualize yourself living it. Hold the feeling for 68 seconds! Congratulations! You're rewiring your brain. Your life will never be the same!

Source Energy is shining down upon me.
I am allowing myself to feel good.
I am allowing my Inner Being to guide me.
I am allowing things to work out for me.

I love watching all the pieces come together.

I'm beginning to feel good.

I'm beginning to relax and enjoy the journey. I'm beginning to feel more excited/ confident. I'm beginning to stick with it/ follow through. I'm beginning to know I am on my path. I'm beginning to love meditating everyday.

Today is going to be a good day.

Today I'm going to see the best in myself and others.

Today I'm going to chill out, relax and have fun.
Today I'm going to party on the Bliss train.
Today I'm going to exercise/ meditate/ journal.
Today I'm going to be the best I can be.

Every day I'm being guided to what I want. Every day I'm attracting more of my desires. All the pieces are coming together for me. I am happy and free, and everything is working out for me.

I'm becoming more focused.

I'm becoming more easy going.

I'm becoming more productive.

I'm becoming more energized.

I'm becoming clear and confident.

I'm becoming stronger and healthier.

I'm becoming more spontaneous and fun.

I'm becoming more aligned with my desires.

I'm trusting myself more and more. I'm on my path whether I realize it or not. I'm being guided to the right people at the right time.

I'm beginning to surf the waves of contrast.
I'm beginning to shift into my new reality.
I'm beginning to attract opportunities to me.
I'm believing in myself and I'm ready to receive more of what I've been asking for, YAY!
I am focused, flowing and feeling good!
I LOVE MY LFE!



**I finally did it!** I have become financially independent. I've got more than enough money to live a tremendous first-class, 5-star lifestyle. I don't have to work if I don't want to.

I also appreciate being able to do what I love and be paid. I spend my days doing what makes my heart sing. It doesn't matter what I do or don't do. The money is constantly flowing to me.

I finally get it - it's not about hard work or my worthiness. It's only about one thing, how I'm feeling. It's all energy/ vibration, and when I'm on the frequency of appreciation and abundance, it's the law that everything I desire flows effortlessly into my life, including money.

The other day I was having lunch with friends. We were laughing and having a wildly good time. I love getting together with friends and celebrating life. Before the bill came for lunch, I told the waiter to put it onto my credit card. When I said lunch is on me, the look on their faces was priceless because it was a \$500 lunch for all 4 of us. I love knowing that the better I feel, the more abundance flows into my life.

I'm often surprised at how money comes to me from unexpected people and places. **Money is a resource for good in the world.** I love doing good things with my money. It's not about the things I can buy. It's about the joyful lifechanging experiences I can create for myself and others.

**My relationship with money is excellent.** Because I realize money is energy, I am energy. Therefore I am money. LOL



#### WooHoo! I did it! I'm now in a harmonious romantic relationship.

This soul connection feels deep and beautiful. I love the story of how we met and fell in love. We are growing into the best versions of ourselves. This co-creation is even better than I imagined.

I appreciate who they are and how they show up in life. We have open, honest, heartfelt communication built upon trust, and commitment. We resolve our conflicts with love and respect.

We both take responsibility for our happiness and fulfillment, and **we support each other 100%.** My partner and I are dancing, laughing, and loving life to the fullest.

We have many of the same desires in life. Things really flow between us. It feels "meant to be." We are a perfect vibrational match for one another.

I dreamed about this, and now I'm living the dream. Everything I wanted they have and more. We get each other on a deep level, and after years of being together, it keeps getting better and better. WOW!

This relationship is magical, and every morning **I wake up with love** in my heart to give away to the world.



#### WOW! I love who I see in the mirror.

I've lost the extra weight, and my body feels great. The struggle is over with my body image. I'm pain-free and happy. I finally found the thing that works for me. I appreciate my body and the miracles it performs every day.

My metabolism and thyroid are keeping everything in balance. I now realize that the more I listen to my body and honor my body's wisdom, the better everything goes.

**Ease and flow is my new motto**. I finally get it that my thoughts create my body. I love thinking thoughts that bring my body into harmony with my well-being. I'm going to keep thinking thoughts that feel good and doing what lights me up.

I appreciate my body so much. I'm going to keep drinking lots of water and eating foods that energize me. I enjoy moving my body, whether it's walking, dancing or yoga.

I finally get it - that the more I appreciate my body and make feeling good my number one priority, I'll be guided to the foods that are exactly what my body needs.

I'm listening to my body, and I love the guidance I'm constantly receiving. I can feel when things are off, and I can feel when I'm right on track. **When I focus on what's right with my body** and all the wonderful thing it's doing, I relax into knowing all is well with my body.

I am happy and healthy, and when I look in the mirror,

I love who I see smiling back at me.



I finally get it - that nothing is more important then being happy. I appreciate where I am and I'm excited about where I am going.

I finally get it - that everything I want is already done. All I have to do is relax, chill out and have fun!

**I finally get it** - that when I become synchronized with my desires they must manifest in my life. It's the law. It's feeling first, manifestation second.

I finally get it - that focus equals feeling and how I feel is how I attract. I love focusing on what I want and telling the story of how my life keeps getting better and better!

I finally get it - that when I'm feeling negative emotion it means my Inner being is not joining me in thoughts I'm thinking!

I finally get it - that being happy is the prize, not the manifestation.





### THIS IS THE PART OF MY STORY WHERE...

**This is the part of the story where...** I know that I create my reality, and start letting it be easy and fun.

**This is the part of the story where...** I make feeling good my number 1 priority. Where I'm allowing my happiness and inspiration to guide me.

**This is the part of the story where...** I know that everything I want is already done. All I have to do is relax, chill out and have fun.

**This is the part of the story where...** I understand that my negative emotions are guidance from my Inner being letting me know that the story I'm telling myself is out of alignment with the truth of my divinity.

**This is the part of the story where...** I'm allowing myself to feel good when I think about money. I'm often surprised at how money comes to me from unexpected people and places.

**This is the part of the story where...** I'm telling my new money story, and I am feeling the glory. Money is a resource for good in the world.



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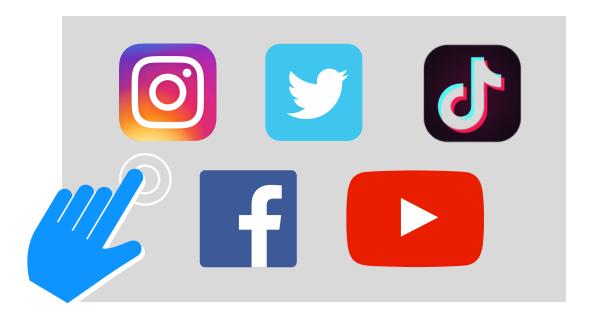
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