

## **20 Powerful Affirmations For Health, Wealth, and Happiness**

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**The research is clear. People who stop procrastinating are happier, healthier, and wealthier than people who continue to put things off. No matter where you're starting from, you can learn how to overcome your procrastination and start achieving your goals and dreams.**

**Affirmations are a powerful way to program your mind for success. I suggest you read the following 20 affirmations often. Out loud. With enthusiasm and all the positive emotions you can muster. Especially right before you go to sleep so your subconscious mind can practice your success all through the night.**

**Also, you can pick the one that is most important to you and write it down. Every day. Seven times. Stick it on your refrigerator, above your work desk, and on your bathroom mirror—wherever you will see it often. Carry it around with you in your purse or wallet.**

**When you read, say, or write your special affirmation, imagine what it will be like when it is your new reality. In your mind, SEE your new life and the new you. Also imagine what it will sound like when you achieve your affirmative statement. HEAR the sounds outside of yourself, the ones coming from your environment, and hear your internal self-talk when your affirmation has come true. What are the kinds of things you might be saying to yourself (like “Wow, I did it!”)? FEEL how phenomenal it will feel when your success has already been achieved. Seeing, hearing, and feeling your future success is a sports psychology technique that can help you succeed even sooner than you might expect. Experiment with what works best for you. And enjoy your positive results!**

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- 1. Every cell in my body is radiantly healthy.**
- 2. I enjoy taking care of my body and love how good that makes me feel.**
- 3. I'm so thankful I now choose healthy ways to feel good.**

4. I'm grateful for the choices I have for more love, joy, and abundance in my life.
5. I'm open and receptive to all the goodness and abundance the world has to offer.
6. Money easily comes to me from expected and unexpected sources.
7. I am rich in loving relationships.
8. I have more than enough energy to do the things I need to do and want to do.
9. I have plenty of time to do the things that are important to me.
10. The more stress I feel, the more calm, focused, and productive I become.
11. The harder it gets to achieve my goals, the more determined I become to succeed.
12. Some things are hard to do . . . *and* I can do hard things.
13. The more I count my blessings, the more blessings come to me.
14. I'm proud of myself for hanging in there and finally succeeding at my goals.
15. I'm grateful I'm now the kind of person I admire and respect.
16. It's easy to make the right decisions when I anticipate any future regrets.
17. It's my turn to achieve the success I've wanted for so long, and now I can!
18. I am smart, strong, and resourceful enough to accomplish whatever I want.
19. I'm always looking for more ways to be happy, healthy, wealthy, and wise.
20. As long as I keep going, my success is inevitable.