

Affirmation Inspiration

Over 115 Affirmation Sets

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Area	Session	Description	Affirmations
Brain Power	True Genius	Enhance your intelligence and unleash your inner genius!	I am a genius I can create anything I want I can solve anything I know I am a genius I understand everything I can learn anything I am intelligent and improving! My intelligence is vast I can solve anything with ease My intellect is limitless
Brain Power	Master a Magnificent Memory	Remember faces, facts and figures without memory tricks!	I remember everything! I remember what I read I remember what I hear I remember what I see I remember what I feel I remember what I touch I remember everyone I know I remember names easily I remember faces easily I remember facts easily I have a photographic memory It's easy to remember anything

Brain Power	Mathematical Genius!	Solve complex math puzzles in your head. No calculator required!	<p>Math is easy I can solve any problems My mind is a calculator It is easy to do math Complex math is simple to me Algebra is fun! I love algebra I love arithmetic Geometry is easy Algebra is easy Arithmetic is easy I love geometry Solving problems is easy I'm a natural problem solver!</p>
Brain Power	Vocabulary Genius!	Expand your vocabulary and tell it exactly like it is!	<p>I can express myself easily It's easy to learn new words I am eloquent Words come easily to me I learn new words easily I like to learn new words I can put thoughts to words easily My mind is a dictionary New words are exciting My vocabulary is expanding I can express myself I want to express myself clearly I express myself clearly I am a wordsmith!</p>

Brain Power	Ultimate Creative Mindset	Become a fountain of bubbling, creative, inventive energy!	<p>I am very creative! Ideas come easily to me I am an inventor I invent great things My imagination is limitless I have infinite creativity I am a creator My mind is open to new ideas My ideas are alive! I bubble with creativity I have total creativity I control my creativity My creativity is increasing I have limitless creative potential</p>
Brain Power	Total Learning	Shift into the Learning Zone, Yearn to Learn!	<p>I can learn easily I can learn anything! I can retain any information I understand difficult things I retain new information easily My mind absorbs all knowledge I have total learning retention I want to remember everything I remember everything I love to learn I live to learn Learning is fun I learn quickly! I learn new things quickly I'm a learning machine!</p>

Brain Power	The Zone: Peak Performance	Get into The Zone and be the best you can possibly be	<p> I work my best! I can control my performance I work effortlessly I am immune to stress It's easy to work I do a great job I am totally focused Work is a pleasure for me I am always at my peak I achieve great results I am always in The Zone I am tuned into The Zone I love my work My work is always great! </p>
Brain Power	Laser-Sharp Focus	Experience total concentration and top-level mind control	<p> I can concentrate on demand I can focus on anything I want I can control my focus I am focused I can choose what to focus upon My mind is focused I have total concentration Focusing is easy for me Others admire my focus I can focus on demand Concentration is easy I have mental stamina </p>

Brain Power	De-clutter Your Brain	Get rid of “clutter” and enjoy clearer, sharper thinking	<p>My mind is free of clutter My thoughts flow easily I can think clearly I am immune to distraction I can concentrate on the job at hand My mind is a finely tuned machine I can apply myself to anything Every day my mind works better Every day I think more clearly Others admire my focused mind My brain works perfectly I can do any task I set my mind to I'm a clear thinker</p>
Brain Power	The Exam Success Kit	Everything you need to pass exams with flying colors!	<p>I will pass my exams I can pass my exams I know my material I remember all I need to know Exams are easy I enjoy taking exams I am calm at exams I am good at exams I always succeed at exams Every day I am better at exams I am an Exam King!</p>

Brain Power	Increase Your IQ	Get a higher IQ and be a wiz at everything!	<p>My IQ is increasing I can solve all problems I am good at math I am good at English I am good at puzzles I enjoy IQ tests I stay calm in IQ tests I enjoy solving problems Problems are easy IQ tests are easy IQ tests are fun I am an IQ test expert!</p>
Brain Power	Whole Brain Thinking	Exploit both sides of your brain for a balanced, finely-tuned mind!	<p>My mind is clear My mind is balanced I listen to my intuition I listen to my dreams I enjoy calm reflection I accept my emotions I balance logic and emotion My mind is in harmony I enjoy my creativity I have a balanced mind My mind is perfect I have a perfect mind</p>

Business Success	110% Business Success	Give yourself the business acumen to achieve total success!	<p>I am a true business leader I am always successful I rule the industry Success follows me I control my success Others look up to me I make my own luck I grasp opportunities I always know what to do I make the right decisions Every day I get better I am King of the Pack!</p>
Business Success	Become Totally Decisive, NOW!	Make decisions that produce perfect results!	<p>I am decisive! I always know the right decision I always make the right decision I can make good decisions I make perfect decisions I control my decisions I always know what to do I quickly decide on the right course I know what is relevant My decisions are always good My decisions are always right I am the decision maker!</p>

<p>Business Success</p>	<p>You Are a Money Magnet</p>	<p>Cash in on your ability to make money come to you!</p>	<p>I attract money! I can make tons of money Making money is easy I know how to make money I make money easily Money comes easily to me Every day I make more money I know what to do to make money Money flows to me I enjoy making money Money is easy to make I am a Money Magnet!</p>
<p>Business Success</p>	<p>Unlock Your Powerful Organizational Skills!</p>	<p>Get yourself totally and utterly organized, today!</p>	<p>I am organized I plan everything I am good at planning I can organize People respect my organizing skills I know what needs to be done Organizing is easy Prioritizing is easy I am a skilled organizer I know how to plan ahead I am an efficient organizer My plans always run smoothly</p>

<p>Business Success</p>	<p>Eliminate Work Burnout and Enjoy a Balanced Life</p>	<p>Keep work and relaxation separate and enjoy a well-balanced lifestyle</p>	<p>I can balance my life I leave work problems at work I enjoy all aspects of my life I can switch off and relax I have many interests other than work I have a balanced lifestyle Every day I enjoy life more There are many things I enjoy My life is well balanced I am happy in my own skin</p>
<p>Business Success</p>	<p>Strategic Planning for an Amazing Business Life!</p>	<p>Make laser-sharp decisions and achieve unlimited business success</p>	<p>My decisions result in success Others respect my decision-making skills I know what needs to be done I always see the big picture I can plan ahead People look to me for guidance I know the right thing to do Success follows me around I am a winner Every day my decision-making skills improve I always succeed I always achieve</p>

<p>Business Success</p>	<p>Positive Selling Power</p>	<p>Skyrocket your sales goals with the ultimate selling attitude!</p>	<p>I am a super salesperson I can sell anything I handle customers easily I can overcome all objections I am always calm and collected Customers trust and respect me I understand what customers need I am always enthusiastic I am always positive I value my customers Every day I achieve greater success I am a Sales guru</p>
<p>Your Personality</p>	<p>Skyrocket Your Self-Confidence!</p>	<p>Gain total self-confidence in any situation</p>	<p>I am confident! I feel at ease in any situation I am always calm I can control any situation I always know what to do People admire my confidence I enjoy social situations I love being with other people I am always confident People love being with me I'm a confident person Confidence oozes from me</p>

Your Personality	Enjoy a Permanent, All-Natural Life High!	Get happy and stay happy!	<p>I love my life! I appreciate my life I love my family I love my job I love my existence I love myself I am happy with my life My life makes me happy My life is great! I look forward to every day I am grateful for the life I have Mine is a happy life!</p>
Your Personality	Release Your Past	Break free from the bonds of the past and forge a new destiny!	<p>I can release my past It is OK to let go of my past I can let go of my past I can put my past behind me I can overcome my past I am free from my past I am moving forward with my life I always look forward I will achieve my dreams I control my own destiny I control my own life My life is mine to live!</p>

Your Personality	Unbelievably Attractive Charisma Development	Boost your charm, small talk and wit! Become the life of the party!	<p>I am truly charismatic People find me charming I am witty I am popular I am clever People find me witty I can make small talk I always know the right thing to say I have charisma I am attractive to others I am charming I can be the life of the party!</p>
Your Personality	Powerful Public Speaking	Speak confidently and hold attention with ease!	<p>I am confident on the stage I am fearless on stage I can speak confidently I can speak clearly I am comfortable with an audience A large audience makes me happy I enjoy public speaking I am calm in front of an audience Audiences enjoy listening to me I am a successful public speaker I make audiences listen I speak from the heart</p>

Your Personality	Discover Your Inner Passion	Bored of life? Ignite your inner passion and find your true calling	<p>I know my passion I understand my passion I know who I want to be I know where I want to be My passion calls me I know what I want to do People admire my passion I am fulfilling my dreams I look forward to my future Every day my passion guides me I love my life! I enjoy every single day I appreciate life to the fullest I live for my passion</p>
Your Personality	Stop Procrastinating, Get Moving!	Do it all and get it done NOW!	<p>I can do whatever I put my mind to I can get things moving instantly I use time efficiently People admire my decisiveness I know where I am going I am good at making decisions I am always positive I always achieve my goals I make plans and follow them through I take action while others talk I make things happen I get things done I enjoy getting things done I'm a doer</p>

Your Personality	Be Motivated	Rocket your enthusiasm and turn your dreams into reality!	<p>I am motivated! I enjoy new challenges I love to start new projects People admire my enthusiasm My life is full of exciting challenges I am always positive I always look forward I enjoy every aspect of my life I get more out of life every day I love trying new things I make things happen I get things done I enjoy getting things done I can make my dreams come true</p>
Your Personality	Learn to Handle Criticism	Use your inner strength to turn criticism into triumph!	<p>Criticism helps make me better Criticism is positive feedback Criticism helps improve things I am happy to accept criticism I can handle criticism I welcome criticism Accepting criticism is easy People admire my ability to accept criticism Criticism helps me achieve success I am happy to accept criticism I stay positive in the face of criticism I enjoy criticism Criticism is my springboard to success!</p>

Your Personality	Be Assertive!	Take charge and put yourself in control!	<p>I can take charge I am assertive I control situations easily I know what needs to be done People admire my assertiveness I am always positive I can put myself forward I say what I believe People know they can rely on me I always say what I want I'm in control</p>
Your Personality	Develop Razor Sharp Wit	Watch them weep as you wield your wonderful wit!	<p>I am clever and witty I have a sharp wit I use wit wisely My timing is perfect Every day my wit gets sharper My wit keeps me positive I cheer people up with my humor I am famous for my wit I always have a witty comment I can make people cry with laughter I am funny and witty People love my sharp wit</p>

Your Personality	Discover your Spiritual Path	Tune in to your psyche and discover the meaning of life!	<p>I am spiritual I can read the signs I appreciate life I am learning the meaning of life My life has meaning I am discovering my true path I value spiritual things My life is a voyage of discovery I am sensitive to life messages I listen to the messages life brings me I nurture the spirituality within me I am developing my spirituality I am growing in spirit</p>
Your Personality	Develop Patience, Control Anger	Stop raging outbursts and control your anger!	<p>I can control my anger I am patient with others I can calm myself I can overcome my anger I can control my emotions I am known for my self-control Being patient is easy for me I am always calm I am becoming more patient every day I can channel my anger productively People admire my self-control I have excellent self-control</p>

Your Personality	Be Ambitious: Reach for the Stars!	Relight your ambition and reach your goals with ease!	<p>I am ambitious I can achieve any goal I want I can reach higher goals For me the sky is the limit I enjoy setting myself new goals People admire my ambition I am a high achiever I achieve my goals I am determined to succeed I can do anything Every day I am closer to achieving my goals The world is my oyster!</p>
How You View Yourself	Accept Yourself	See yourself for the truly unique person you are!	<p>I love my body I love myself I love every part of me I am happy in my own skin I am contented I am a good person I am unique I am worthy of being loved I am in harmony with my body I love my life I enjoy inner peace I have a lot to offer</p>

How You View Yourself	Self-Esteem Booster	Rocket your self-esteem and belief in yourself	<p>I believe in myself I am worthwhile I value myself Others look up to me I have a positive outlook I am self-confident I am a high achiever I can do anything I set my mind to I always expect to succeed I can achieve anything I believe I can do anything</p>
How You View Yourself	Beat Depression! Enjoy Life!	Get rid of depression and enjoy a happier life!	<p>Life is great! I love the magic of life I look forward to every day I am happy with my life I have many interests I enjoy my life People enjoy my company I enjoy fresh challenges I have so many things I want to do I love every aspect of my life I am happy! I feel great right now! I love my life I love myself I love my job I love being happy!</p>

<p>How You View Yourself</p>	<p>Be Happy!</p>	<p>Rediscover the beauty of life and embrace your own euphoria!</p>	<p>I am happy I am happy with my life Every day brings more happiness Every day brings fresh joy I am known for my happiness I am happy with others I am happy on my own I have a positive outlook I look forward to the future I bring happiness to others I am always happy! I focus on the good things Life is great! I love my family I love my job I love my life</p>
<p>How You View Yourself</p>	<p>Recharge Your Mind, Body & Spirit!</p>	<p>Power up and get your mind, body & spirit in tip-top condition!</p>	<p>I can recharge myself easily I am always on top form I have endless energy I am always positive I enjoy life to the full I can tap into my inner power My spirit soars I take joy in life I respect my body I nurture my mind and my spirit I am energetic I am a powerhouse of energy!</p>

How You View Yourself	Absolutely Positive Thinking!	Think positive, be positive and enjoy an optimistic life!	<p>I am a positive person I am optimistic I can find the positive in any situation I see positive points first I see opportunities everywhere I relish fresh challenges People admire my positive outlook I always expect to succeed I can do anything I set my mind to I believe in myself I am an optimist I think positive I am a positive thinker!</p>
How You View Yourself	Strong Mind, Sound Body	Strengthen your mind and fortify your body!	<p>My mind is strong I have a stable mindset I am resolute I know my own mind I believe in myself Others admire my constancy I follow my own inner compass My mind and body are strong I set my own path I resist all distractions I overcome all obstacles My strength is unwavering I always remain focused</p>

How You View Yourself	Your Work is Worth Doing!	Value your work and make a difference!	<p>I really make a difference I am valued My work is valuable My work makes a difference Everything I do is valuable My colleagues value my contribution I am an essential team member People depend on me I always do a good job My work is of the highest quality I love my job! I'm a brilliant worker!</p>
How You View Yourself	Change Your Life NOW!	Believe and achieve: make your life what you want it to be!	<p>I can overcome all obstacles I can change what I want It is OK to move forward with my life Every day I am closer to achieving my goals I can do anything I want I have a positive attitude to life I easily overcome setbacks People admire my determination I know where I am going in life I look forward, not back I know my own goals I can achieve my goals I have the power to change I can change my life!</p>

Physical Body	Lose Weight – It's Easy!	Train yourself to lose weight, eat healthy food and stop snacking!	<p>I can lose weight I always eat healthily I can go without snacking Every day I am slimmer Losing weight is easy I enjoy eating healthy food I eat a healthy diet People admire my slimmer look I love losing weight I eat foods that are good for me I love my body I respect my body I look after my body</p>
Physical Body	Accept Your Physical Body	Enjoy how perfect your body really is!	<p>I accept how I look I love my body My body is perfect as it is People admire me as I am I am happy in my own skin I am happy being me I am content with how I look I accept myself I love looking the way I do I enjoy being me I'm happy with my body My body is my perfect skin</p>

Physical Body	Perfect Posture	Train your mind to give you perfect posture!	<p> I have a great posture I am always poised I am in harmony with my body Having perfect posture is easy I hold my shoulders back People admire my posture I always sit up straight I stand straight and tall Good posture comes naturally to me I have perfect posture I stand tall and proud My posture is perfect! </p>
Physical Body	Become Totally Energized	Enjoy a digital blast of energy and never feel drained again!	<p> I feel re-energized My body is made of pure energy I have unlimited energy I can draw on endless power People admire my energy I can do anything I want My energy is boundless I can re-energize myself easily I have all the energy I need I love having so much energy I love every moment of life! I love feeling energetic! </p>

Physical Body	Perfect Skin	Improve the quality and texture of your skin, without surgery or salon treatments!	<p>My skin looks great! My skin has the perfect texture I have gorgeous skin People admire my skin My skin is toned I love my skin Every day my skin gets better I have the skin of a model My skin is flawless My skin is perfect I have perfect skin!</p>
Physical Body	Women: Enjoy a Slim, Slender Body	Acquire a flat tummy, curves and the ideal feminine physique!	<p>I can become slimmer I can look like a model My tummy is flat People admire my figure I have a perfect feminine physique Every day my figure improves I have beautiful curves I love my body I am slim and slender Every day I look better I am a perfect woman!</p>

Physical Body	Men: Improve Your Muscle Tone	Improve your muscle tone with mental weight-training!	<p>My muscles are toning up My arms are growing stronger People admire my muscle tone My physical strength is growing I have perfect pectorals Every day my muscle mass is growing I have a six-pack other men envy My muscles are taut and toned Toning my muscles is easy I enjoy building my muscle tone I feel great I look great My muscles tone easily My muscle mass builds easily I am a muscular powerhouse!</p>
Physical Body	Change Your Physical Body TODAY!	Give your body the strength to change with help from the power of the mind!	<p>I can improve my body I can achieve the perfect body My body will be perfect I can change my body I can make my body perfect My body can be perfect I control my body's shape Every day I approach perfection It's easy to change my body I know how to make my body better</p>

Physical Body	Cool Down Your Blushing	Get rid of embarrassing flushes and increase your confidence!	<p>I am always calm and confident I can overcome blushing I am happy with other people People admire my poise I am a confident person Every day I blush less I am happy with the way I am I am in control of my body I can control my blushing I can handle any social situation</p>
Health Matters	Body in Harmony: Gaining Perfect Health	Help your body move in the right direction for perfect physical health!	<p>I can guide myself to perfect health I can improve my health I am moving towards health and harmony Every day my body gets better Every day my body gets stronger People admire my healthy glow Being healthy is easy My body easily overcomes illness I am a strong and healthy person My mind and body are in perfect harmony I am gaining perfect health</p>

Health Matters	Totally Stress Free	Reduce your stress levels and enjoy a more positive lifestyle	<p>I can break free of stress I can live a stress-free life Handling stress is easy I find it easy to relax Stress energizes me Every day I feel less stressed Others admire my relaxed outlook I know how to deal with stress I have a positive outlook on life I enjoy all aspects of my life I cope easily with stress Stress is nothing to me</p>
Health Matters	Alleviate Headaches & Migraines	Cool your head and banish headaches & migraines!	<p>I can clear my headaches My mind is clear My mind is calm I am free of headaches I am free of migraines My mind is healthy I can easily deal with tension Every day I am more relaxed Letting go of tension is easy I can relax my body and my mind I am able to relax I am calm and in control!</p>

Health Matters	Enhance Your Meditation Skills	Discover inner harmony through the power of meditation	<p>I find it easy to meditate Peace of mind comes easily to me I can focus my thoughts I can clear my mind I can find my peaceful center I enjoy inner harmony I am calm and relaxed I can meditate at any time I can meditate anywhere Every day I find meditation easier Meditation comes easily to me I am a peaceful person</p>
Health Matters	Tinnitus: Turning the Volume Down	Train your mind to tune out annoying tinnitus tones!	<p>I can accept my tinnitus I can live happily with tinnitus I live in harmony with my tinnitus I can accept tinnitus as part of my life I enjoy inner peace I embrace my tinnitus I enjoy every aspect of my life I can live with my tinnitus I can control my tinnitus I can hear what I want to hear I can tune tinnitus out!</p>

Health Matters	Boost Your Immune System	Get your body fighting bugs naturally, with a pristine immune system!	<p>I have great immunity! I can conquer disease Every day my immune system is stronger People admire my healthy constitution I am always healthy My body is great at fighting infection I am naturally healthy Good health comes naturally to me I enjoy great health My immune system is awesome! I have a powerful immune system I can beat any illness</p>
Health Matters	Arthritis Relief	Get relief from arthritic symptoms and help cure the cause!	<p>I can cure my arthritis Every day my arthritis is getting better I enjoy a pain-free lifestyle I can move freely and easily I can overcome arthritis All my joints are supple and healthy Curing my arthritis is easy I enjoy an active lifestyle I know how to cure my arthritis Every day I enjoy greater mobility I am free from pain I am healthy and mobile</p>

Health Matters	Clearer Sinuses, Easier Breathing	Enjoy free and easy breathing, no sprays or washes required!!	<p>My sinuses are clear I enjoy breathing freely My sinuses are healthy I enjoy breathing in the fresh air I breathe easily and well Every day I breathe more easily Breathing comes naturally to me I enjoy breathing easily I breathe deeply and freely Clearing my sinuses is easy Breathing is natural I breathe naturally and effortlessly</p>
Health Matters	Ease Back Pain and Enjoy Life	Reduce pain and treat your back with care!	<p>I can accept my back pain Every day my back pain is less I know how to look after my back I treat my back with respect I enjoy every aspect of my life Looking after my back is easy I can control my back pain My back pain is fading I can look after my back I am in harmony with my back Reducing back pain is easy for me</p>

Health Matters	Insomnia: Enjoy a Glorious Night's Sleep	End sleepless nights, with this ultimate insomnia cure!	<p>I can sleep when I want It's OK to sleep peacefully I am a deep sleeper I enjoy going to sleep I sleep comfortably I can fall asleep quickly It's easy to sleep soundly Going to sleep is easy for me Sleeping comes naturally to me I enjoy deep, healthy sleep I sleep like a baby I sleep soundly</p>
Health Matters	Reduce Your Blood Pressure	Reduce your blood pressure with the power of your mind!	<p>My blood pressure is always in control I can lower my blood pressure easily Every day my blood pressure is lower I know how to lower my blood pressure My blood pressure is getting lower Lowering my blood pressure is easy I am in harmony with my blood pressure I can lower my blood pressure I can control my blood pressure I can relax and lower my blood pressure My blood pressure is lower I am completely relaxed</p>

Health Matters	Better Eyesight, Easily	Exercise those eyes and see better and clearer!	<p>My eyesight is improving I exercise my eyes regularly I can see more clearly My eyes can see sharply Every day my eyesight is better Improving my eyesight is easy I am proud of my eyesight I know how to exercise my eyes I can look after my eyes I can see better My eyesight is sharper My vision is getting better My eyes are sharp and focused</p>
Health Matters	Hypochondria CURED!	A healthy mind makes a healthy body: cure hypochondria from the inside!	<p>I am a healthy person I am very healthy I am immune to disease People admire my good health I love my healthy body Every day my health is better I know how to ensure good health Good health comes naturally to me I am proud of my good health I have a healthy mind and body I feel healthy I am healthy</p>

Relationships	Attract Your Soul Mate	Uncover the secret to finding your perfect soul mate	<p>I know my soul mate I am closer to my soul mate My soul mate is guided to me I am guided to my soul mate I can find my soul mate Finding my soul mate is easy I know my soul mate is near I am naturally drawn to my soul mate My soul mate is near Others will help me find my soul mate I know I will find my soul mate I will find my soul mate</p>
Relationships	Great Parenting Skills	Become the perfect parent with total ease!	<p>I am a good parent It's easy to parent Parenting comes naturally to me Good parenting is easy I understand children Children like me I like children Parenting is easy for me People admire my parenting skills Every day I become a better parent I'm good at parenting</p>

Relationships	Build a Strong, Loving, Long-Term Relationship	Overcome your hang-ups and build great long-term relationships!	<p>Building great relationships is easy I can overcome my relationship hang-ups I know how to build a great relationship Building relationships comes naturally to me I can commit myself to a relationship I am known for my constancy I am known for my commitment I can build a strong, loving relationship I can overcome all setbacks Every day my relationship hang-ups fade away Every day my relationship gets stronger Every day my relationship gets better I am good at forming relationships I am a relationship Master!</p>
Relationships	Become a Better Partner	Find the strength and focus to be a better partner	<p>I want to be a better partner I care for my partner I want to be good to my partner I strive to make a healthy relationship I am open to my partner I am considerate of my partner I find it easy to become a better partner Every day I become a better partner I understand how to become a better partner I am committed to being a better partner I am loving I am caring I am easy to get along with I am partner-focused</p>

Relationships	Total Marriage Success	Enjoy a fantastic marriage, effortlessly!	<p>I can build a fantastic marriage I am committed to building a fantastic marriage Every day my marriage becomes better Every day I improve my marriage People admire my fantastic marriage I find new ways to celebrate my marriage I nurture my marriage My marriage is very important to me My marriage gets stronger every day Every day I am more confident in my marriage Every day I feel more secure in my marriage My marriage is strong My marriage is special My marriage is successful</p>
Relationships	Stop Being Jealous!	Overcome jealousy and enjoy healthy relationships!	<p>I can overcome jealousy Jealousy is avoidable I can beat jealousy Avoiding jealousy is easy I enjoy healthy relationships I love my life and my relationships I am secure in all my relationships I nurture my relationships I respect myself and others I have the inner strength to beat jealousy I trust people I trust my relationships I trust myself I am a trusting person</p>

Relationships	Become Romantic	Inspire your inner romantic side and activate your spontaneity!	<p>I am very romantic I am spontaneous I know how to be romantic I am romantic to the core I am in touch with my romantic side Romance comes easily to me Others see me as romantic I am naturally romantic I am always planning romantic gestures I enjoy being romantic Romance is within me</p>
Relationships	Conquer Your Fear of Commitment	Strengthen your relationship with renewed commitment!	<p>Commitment is easy Commitment means freedom Commitment means security I want a committed relationship I enjoy committing myself to my partner Committing to my partner is easy I am comfortable with commitment I want a deeper relationship I want to commit to my partner I am committed to my relationship I want to face the future together Every day I am more committed Every day my commitment is stronger I enjoy commitment</p>

Relationships	Get Over a Relationship... TODAY!	Snap out of the past, the future's a blast!	<p>I am ready to move on It is OK to move on I am over my relationship I am ready to socialize I have a right to be happy Moving on is easy I have overcome depression I know how to move on I look forward not back I enjoy every aspect of my life I love my life I enjoy experiencing new things I feel great! I am happy! I am increasing my social circle The past is behind me I can easily move forward</p>
Women's Stuff (R18)	Become a TOTAL Man Magnet!	Pull men toward you like moths to a light!	<p>Men are naturally drawn to me Attracting men is easy I am confident in my femininity I find it easy to attract men I am happy in my own skin I know how to attract men I enjoy my sexuality I can attract any man I want I am happy and relaxed around men Men find me attractive Men can't keep away from me I'm a naturally attractive woman I am a total man magnet!</p>

<p>Women's Stuff (R18)</p>	<p>Increase Your Confidence with Men</p>	<p>Ooze confidence and let the real you shine through!</p>	<p>I am confident around men I enjoy being around men Every day I am more confident around men I know how to be relaxed around men I am comfortable around men I am happy being around men Being natural around men is easy for me Men enjoy my company I enjoy being natural with men I know how to be natural around men I am relaxed around men Men are relaxed around me I am confident in the company of men</p>
<p>Women's Stuff (R18)</p>	<p>Declare Your Femininity</p>	<p>Take pride in being the woman you are!</p>	<p>I am proud to be a woman! I enjoy being feminine Being feminine comes naturally to me I am glad to be female I am comfortable with my femininity Every day I feel more feminine People admire my femininity I am relaxed about being a woman Being feminine is easy for me I am a naturally feminine woman I enjoy my femininity I am all woman I am feminine and proud!</p>

<p>Women's Stuff (R18)</p>	<p>Ultimate Sexual Skills</p>	<p>Enhance your skills in the bedroom and drive your man crazy!</p>	<p>I enjoy my sexuality I am happy to be a sexual woman I know what turns me on I know how to turn on my man Every day I enhance my sexual skills It's easy for me to lose my inhibitions I am always learning new things about sex I find it easy to communicate my desires I love being sexual I am a great lover I know how to greatly satisfy my partner I am sexually instinctive I am a passionate lover I enjoy sex I'm a sex queen! I'm a sex goddess!</p>
<p>Women's Stuff (R18)</p>	<p>Power Woman!</p>	<p>Embrace girl power and let your forceful feminine side break free!</p>	<p>I am a powerful woman I can achieve anything I want I understand the power of my femininity Being a successful woman is easy for me I know how to fulfill my dreams Being a woman gives me power I draw strength from my femininity I love being a successful woman Women see me as a role model I can achieve anything with my feminine power I am all woman! I am 100% feminine!</p>

<p>Men's Stuff (R18)</p>	<p>Become a TOTAL Woman Magnet!</p>	<p>Draw women with ease like honey attracts bees!</p>	<p>Women are naturally drawn to me Attracting women is easy I am confident in my masculinity I can always attract women I am happy to be a sexual male I know how to attract women I enjoy my sexuality I can attract any woman I want I am happy and relaxed around women Women are magnetically attracted to me! I am a babe magnet! Women find me attractive I'm the bees knees with women! I am irresistible to women!</p>
<p>Men's Stuff (R18)</p>	<p>Increase Your Confidence with Women</p>	<p>Switch on your inner charm and enjoy complete confidence with women!</p>	<p>I am confident around women Being around women is easy for me Every day I am more confident around women I know how to be relaxed around women I am comfortable around women I am happy being around women Being natural around women is easy for me Women enjoy my company I enjoy being around women I know how to be natural around women I am relaxed around women I am charming around women I am totally confident around women</p>

<p>Men's Stuff (R18)</p>	<p>Unleash Your Masculinity</p>	<p>Boost your manly qualities and embrace your sexuality!</p>	<p>I am a man I am proud to be a man! I enjoy being masculine Being masculine comes naturally to me I am glad to be male I am comfortable with my masculinity Every day I feel more masculine Women admire my masculinity People admire my masculinity I am relaxed about being a man Being masculine is easy for me I am naturally a masculine man I am masculinity personified</p>
<p>Men's Stuff (R18)</p>	<p>Ultimate Sexual Skills</p>	<p>Heighten your sexual desires and drive your partner wild!</p>	<p>I enjoy my sexuality I am happy to be a sexual man I know what turns me on I know how to turn on my partner Every day I enhance my sexual skills It is easy for me to lose my inhibitions I enjoy learning new things about sex I love driving my partner wild I am a great lover Expressing my sexual desires is easy for me I enjoy experimenting I am sensitive to my lover's needs I enjoy sex I am a great lover I am a passionate lover I am a sexy man I am a sex god!</p>

<p>Men's Stuff (R18)</p>	<p>Stop Premature Ejaculation</p>	<p>Defeat premature ejaculation and enjoy more fulfilling lovemaking!</p>	<p>I find it easy to control my excitement I find it easy to stop premature ejaculation I am in control of my sexuality I am sensitive to my partner's desires Every day I am better at stopping premature ejaculation I know how to stop premature ejaculation I can always satisfy my partner's desires Controlling my excitement is easy for me I am happy about my sexuality I am relaxed about my sexuality I am a more confident lover I know how to take my time Slow loving is easy for me</p>
<p>Fears & Phobias</p>	<p>Fear of Confrontation</p>	<p>Don't be shy: stand up for yourself!</p>	<p>I can stand up for myself I can confront anyone I can face confrontations I can deal with disputes I am fearless! It is OK to stand up for myself I am happy to confront others Every day I am better at handling disputes Facing confrontations is easy for me I handle confrontations well I accept confrontations I handle confrontation perfectly I am good at dealing with confrontation I am good at standing up for myself</p>

<p>Fears & Phobias</p>	<p>Fear of Accepting Your Past</p>	<p>Confront the past and revel in a brighter future!</p>	<p>I let go of my past It is OK to accept my past My past has released me I have released my past I look forward rather than back I am happy in my own skin I am at ease with my past I am ready to move on I am comfortable with my past I plan for the future Every day I am better at accepting my past I love my life today! I am happy I enjoy living every moment of my life I live for today I live for the moment What matters is NOW!</p>
<p>Fears & Phobias</p>	<p>Fear Nothing: FULL STOP!</p>	<p>Banish phobias and limiting beliefs – and live life without fear!</p>	<p>I am fearless I live my life freely I can do anything I want I am happy with my life Every day I am better at living without fear I can face any challenge I can fulfill all my dreams Others admire my fearlessness I am full of confidence I am full of self-belief I fear nothing I know no fear</p>

<p>Fears & Phobias</p>	<p>Overcome Your Fear of Heights?</p>	<p>Unleash your inner strength and conquer your fear of heights!</p>	<p>I like heights I feel comfortable in high places I enjoy heights Every day I am better at heights I enjoy being at heights I am happy with heights I am confident with heights I am happy being high up I am comfortable at heights Being high up is a pleasure for me I enjoy high views Heights are comfortable for me I am relaxed at heights Heights are heavenly!</p>
<p>Fears & Phobias</p>	<p>Defeat the Fear of Flying</p>	<p>Enjoy the thrill of flying with a confident new approach!</p>	<p>I enjoy flying I feel comfortable in planes I love flying Every day my fear of flying lessens I feel positive towards flying I enjoy being on planes I am happy to be on a plane Flying is easy for me Flying is enjoyable for me I love traveling by plane Planes are safe Planes are fun Planes are enjoyable Flying is fun Flying is exciting Flying is safe</p>

<p>Fears & Phobias</p>	<p>Release your Fear of Spiders</p>	<p>Confront your fear and enjoy the wonders of nature!</p>	<p>I am happy to be with spiders I am good with spiders Spiders are easy to accept Every day my fear of spiders lessens I am relaxed with spiders I am comfortable with spiders I am happy with spiders I like spiders I am calm around spiders Spiders bring me luck! Spiders are no threat to me I'm a spider lover!</p>
<p>Fears & Phobias</p>	<p>Claustrophobia Cure</p>	<p>Unlock the mental power to conquer claustrophobia!</p>	<p>I can cure my claustrophobia I feel calm in small spaces Beating claustrophobia is easy Small spaces are comfortable for me I am happy in small spaces I am relaxed in small spaces I am comfortable in small spaces I can beat my claustrophobia Being in small spaces is easy for me I am cured of my claustrophobia Small spaces are comforting Small spaces are safe and secure</p>

Fears & Phobias	Extinguish your Fear of the Dark	Fight your phobia from the inside out!	<p>I am positive towards the dark I feel calm in the dark I am comfortable in the dark Every day I am happier in the dark I enjoy the dark I am relaxed in the dark I can overcome my fear of the dark Being in the dark is relaxing I enjoy being in the dark Being in the dark is easy Being in the dark is fun Being in the dark is relaxing Being in the dark is exciting I am fearless in the dark! The dark is relaxing and peaceful</p>
Fears & Phobias	Acknowledge & Enjoy Change	Let change exhilarate you with a positive approach to the future!	<p>I welcome change I embrace change easily I am comfortable with change Every day my fear of change is less I am happy with change I am relaxed about change I can overcome my fear of change Accepting change is easy I enjoy change Change refreshes me Change is good for me Change keeps me motivated Change keeps me on my toes Change brings opportunity</p>

<p>Fears & Phobias</p>	<p>Brush Fear of Failure Aside!</p>	<p>Stop fear of failure from holding you back!</p>	<p>I know I can succeed It's easy to overcome my fear of failure I am unaffected by failure I am fearless Every day I am better at overcoming my fear of failure I can overcome my fear of failure I can live happily I am bold I am brave I am courageous I can achieve success I can be successful I can overcome my fear I am strong and focused</p>
<p>Fears & Phobias</p>	<p>You CAN Stop Stuttering</p>	<p>Beat stuttering by putting your mind to work!</p>	<p>I can stop stuttering My speech is clear Stopping stuttering is easy Every day my speech is clearer I know how to stop my stuttering I can beat stuttering I am comfortable speaking to others I am a confident speaker I can conquer stuttering I enjoy speaking to others I speak clearly I speak easily I am an excellent speaker</p>

<p>Stopping Addictions</p>	<p>Stop Your Addiction... IMMEDIATELY!</p>	<p>Halt those harmful habits and move forward with your life!</p>	<p>I can conquer addiction Stopping addiction is easy I am in control of all my habits It's easy to control my addiction I am moving forward with my life I can stop my addiction now I know how to stop my addiction Every day my addiction is lessening I enjoy an addiction-free lifestyle I can stop my addiction I can free myself from addiction I can break the habit I am strong and addiction-free</p>
<p>Stopping Addictions</p>	<p>Alleviate Impulse Eating</p>	<p>Eat healthily and enjoy a life full of zest and energy!</p>	<p>I can stop impulsive eating Stopping impulse eating is easy I am in control of my eating habits It's easy to cut out impulse eating I can conquer impulsive eating I always eat healthily I know how to stop impulse eating Every day my impulse eating is less I eat a healthy diet I can stop impulse eating Healthy foods are good for me I eat what's good for me I know how to eat healthily</p>

<p>Stopping Addictions</p>	<p>Beat Substance Abuse</p>	<p>Treat your body with care and enjoy a healthier lifestyle!</p>	<p>I can stop my substance abuse I can enjoy a healthier lifestyle I value my body I respect my body It's easy to stop substance abuse I know how to stop substance abuse Every day I lead a healthier life I enjoy every aspect of my life I can conquer substance abuse I treat my body as a temple I keep my body substance free My body is my friend My body deserves the best!</p>
<p>Stopping Addictions</p>	<p>Stop Smoking NOW!</p>	<p>Kick the habit and enjoy smoke-free lungs for good!</p>	<p>I can stop smoking Stopping smoking is easy I respect my body I value my health It's easy to stop smoking I am a non-smoker I know how to stop smoking Every day I lead a healthier lifestyle I can kick my smoking habit I can conquer smoking I can keep my body free from smoke I value my body I value myself</p>

<p>Stopping Addictions</p>	<p>End Alcohol Abuse</p>	<p>Rediscover your happy, healthy, alcohol-free lifestyle!</p>	<p>I can stop drinking I can end my alcohol abuse I control my drinking habits It's easy to stop my alcohol abuse I can conquer my alcohol abuse I can avoid alcohol abuse I know how to stop my alcohol abuse Every day my drinking is less I can rediscover my happy, healthy lifestyle I can stop my alcohol abuse I can defeat my alcohol abuse I can enjoy being healthy and alcohol-free</p>
<p>Sporting Skills</p>	<p>Be a Basketball Genius!</p>	<p>Improve your game ten-fold and become a team legend!</p>	<p>I am a great basketball player I know when to pass in basketball My shots are always accurate I am great at basketball dribbling I know when to shoot in basketball I have endless energy I respond positively to setbacks I am a great team-player I play basketball superbly My teammates respect my skills I am a basketball genius!</p>

Sporting Skills	Better Your Baseball Big Time	Rocket your performance and win more games than ever before!	<p>I am a great baseball player I have a superb eye for the ball My teammates respect my skills I am a great team player I can strike the ball with amazing power I am a superb catcher I move with stunning speed I am an essential member of my team I always play at my best I always play well I am a baseball star! I am a fantastic baseball player! I am a superb pitcher</p>
Sporting Skills	Master Bowling Expertise	Improve your bowling skills and accuracy with ease!	<p>I am a great bowler I am famous for my accuracy I find bowling easy People admire my bowling skills I am always accurate I always know the best shot to make Every day my bowling skills improve The ball always does what I want it to Accuracy comes naturally to me I am a bowling master! I am an expert bowler!</p>

Sporting Skills	Rocket Your Football Skills (American Football)	Increase your co-ordination skills and join your sport's Hall of Fame!	<p>I am a brilliant football player I always know the best play to make I am a great football tackler My teammates admire my football skills I am an essential member of my team I always play my best I have a great eye for the ball My co-ordination is superb I always score for my team I make amazing touchdowns! I control the ball with ease I am a football legend!</p>
Sporting Skills	The Ultimate Golfer	Change the way you think and watch your handicap shrink!	<p>I am a great golfer I always know what club to use Every day my golf game gets better My putting is deadly accurate My drives always hit the fairway I have a perfect golfing swing I am great at judging distances Others admire my golfing skills I have a great golfing brain I always know the right shot to make I am a golfing legend! I play golf like Tiger Woods!</p>

Sporting Skills	Peak Martial Arts Performance	Motivate your mind to master martial arts!	<p>I can focus my mind on my martial art I can overcome all outside distractions Every day my martial arts skills get stronger I know what I have to do to improve my skills Others admire my martial arts skills I always know what move to make I can counter any move made against me I have superb co-ordination I have strength and power My mind and body are in perfect harmony My reactions are superb I am a martial arts expert!</p>
Sporting Skills	Run Better and Faster than Ever Before!	Enjoy increased energy, more staying power and faster running!	<p>I can run fast I have endless energy Every day I run faster I have amazing stamina Running fast is easy I have great co-ordination I know what I have to do to run faster Others admire my running skills I have great staying power I am a running legend! I am a great runner I am a fantastic runner!</p>

Sporting Skills	Play Tennis like a Pro!	Improve your play every single day and discover the power to win!	<p>I am a great tennis player Playing great tennis is easy I always know what tennis shot to make I make every tennis shot perfectly I see the tennis ball early Others admire my tennis skills I have great co-ordination Every day my tennis skills improve I know what I have to do to play better Great tennis comes easily to me I always anticipate my opponent's shots I am a tennis legend!</p>
Sporting Skills	Number One Soccer Player!	Master the ball, develop your team play and become a soccer legend!	<p>I am a soccer star Every day my soccer skills get better All my passes are accurate My team-mates admire my skills I have superb co-ordination I am an essential member of my soccer team I have endless energy I am a brilliant team-player I always know the best soccer play to make I know when to pass the ball I am a soccer superstar! I am a soccer legend!</p>

<p>Hobbies & Miscellaneous</p>	<p>Write a GREAT Novel, NOW!</p>	<p>Unleash your inspiration for total creativity and faster writing skills!</p>	<p>I am a great writer I can write a novel quickly I have loads of ideas for novels Writing a novel is easy Others admire my writing skills Every day my writing skills get stronger I know how to write my novel I can create believable characters I can describe exciting scenes I can write a novel others want to read I am a great writer I am a writing machine! I write novels easily!</p>
<p>Hobbies & Miscellaneous</p>	<p>Write a GREAT Screenplay, NOW!</p>	<p>Write that best-selling screenplay, quickly and easily!</p>	<p>I can write a best-selling screenplay I have lots of ideas for screenplays I know how to write a successful screenplay Writing a best-selling screenplay is easy Every day my screenplay-writing skills get stronger I know how to structure my screenplay I can create believable characters I can create exciting situations I can write believable dialog I can write my screenplay quickly I can write my screenplay now! I am a great writer I am a superb writer!</p>

<p>Hobbies & Miscellaneous</p>	<p>Speed Reading Demon!</p>	<p>Enhance your speed reading skills and grasp information quickly!</p>	<p>Speed reading is easy I am a great speed reader Every day I can read faster I can digest information quickly I know how to enhance my speed-reading skills Others admire my speed-reading skills Speed reading comes naturally to me Speed reading is fun I am confident in my speed-reading ability I can speed-read anything I am a great speed reader My comprehension is increasing all the time I am a speed reading demon!</p>
<p>Hobbies & Miscellaneous</p>	<p>Improve Your Dancing Skills</p>	<p>Be light on your feet, a mover and shaker!</p>	<p>I am a fantastic dancer I have superb co-ordination Others admire my dancing skills I always know what steps to make I know how to improve my dancing skills I have endless stamina I know how to respond to my dance partner Every day my dancing skills get better Dancing comes naturally to me I was born to dance! I am a great dancer I am a dancing superstar!</p>

<p>Hobbies & Miscellaneous</p>	<p>Overcome Interview Anxiety</p>	<p>Get the confidence to get that job!</p>	<p>I am confident at job interviews Job interviews are easy I can conquer interview nerves I am great at presenting myself at interviews Interviewers admire my skill and poise I look forward to job interviews Every day my interview skills get better I enjoy attending job interviews Interviewers are impressed by me I always get the job I want! Interviews are easy for me I am a great interviewee!</p>
<p>Hobbies & Miscellaneous</p>	<p>Develop Your Singing Voice</p>	<p>Refine your vocal chords and let your true singing talents ring out!</p>	<p>I am a superb singer I have a wonderful voice Singing well is easy I always hit the right notes Singing comes naturally to me Others admire my singing skills I can sing any time, anywhere I know how to improve my singing Every day my singing gets better I was born to sing! I am a great singer I am a singing sensation!</p>

<p>Hobbies & Miscellaneous</p>	<p>Driving Test Success</p>	<p>Pass your test with ease and confidence!</p>	<p>I am a good driver I enjoy driving I can conquer my driving test nerves Every day I am better at driving Others admire my driving skills I always know what to do in a car I have great co-ordination I am a safe driver I have great driving skills and knowledge I will pass my test I can pass my test I am confident I will pass my test I KNOW I will pass my test I am a driving genius!</p>
<p>Hobbies & Miscellaneous</p>	<p>Enhance your Lucid Dreaming Skills</p>	<p>Wake up inside your dreams, every night!</p>	<p>I can have lucid dreams I can wake up in my dreams I can control my dreams Lucid dreaming is easy for me Every day I am better at lucid dreaming Lucid dreaming comes naturally to me I know what is required to lucid dream Every night I can wake up in my dreams My dreams are in my control I am a lucid dreamer I am a confident lucid dreamer!</p>

<p>Hobbies & Miscellaneous</p>	<p>Remembering Your Dreams EVERY NIGHT!</p>	<p>Train your mind to track your dreams, each and every night!</p>	<p>I remember my dreams Remembering dreams is easy Every day I am better at remembering my dreams Remembering my dreams comes naturally to me It's easy remembering my dreams I have a great memory for my dreams When I wake up I remember my dreams I always remember my dreams I remember my dreams every night I have perfect recall of my dreams My dreams are easy to remember I remember all my dreams vividly</p>
<p>Hobbies & Miscellaneous</p>	<p>Improve Your Visualization Skills</p>	<p>See picture-perfect images in your mind's eye!</p>	<p>I can see images in my mind's eye perfectly Visualizing comes naturally to me Visualization is easy Every day I am better at visualization I can see any image in my mind's eye I know how to improve my visualization skills I can visualize anything Visualization is easy for me I can visualize anything at will I have superb visualization skills! I am a visualization expert!</p>

Hobbies & Miscellaneous	Young Person's Guide to Excellent Schooling	Condition yourself to get the best from school, learning and examinations!	I enjoy school I want to go to school every day I enjoy learning I am proud of my achievements I enjoy taking exams Exams are easy Learning is fun I love my school Every day I learn more School is cool! School is fun! I am a superb student!
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