

Core Beliefs

These may be preceded by 'I want to...', 'I intend to ...', 'I know that ...'

1. I love myself unconditionally.
2. I know everything is exactly as it is meant to be. / Everything that happens is the best thing possible.
3. I am vital and confident.
4. I love my life and thrive.
5. I am healthy and have true peace of mind.
6. I create healthy, harmonious and uplifting relationships.
7. I understand my true needs and support myself fully in the journey to wholeness.
8. I stand firmly in my true power at all times.
9. I give myself the freedom to be me in my entirety.
10. I move forward confidently and with ease.
11. I am filled with impassioned self-vision and know the world is my oyster.
12. I am blessed and I give thanks. / I give thanks for my bounteous blessings.
13. My heart is open and I freely impart truth and forgiveness.
14. I am fulfilled and I trust that all my needs are met.
15. I am the master of my own life, health and good fortune.