

MORNING EXERCISE

AFFIRMATIONS (Write each affirmation three times)

I am removing the blocks that prevent me from manifesting my destiny

I am manifesting my destiny

I am constantly improving myself

Today I will be the change I wish to see in the world

I love myself

LEAD IN SENTENCES (Complete each lead in sentence)

I am excited... (There is always something you are excited about, what is it?)

I am happy... (There is always something you are happy about, what is it?)

I am grateful... (Name something you are grateful for – try to make it different everyday)

I am inspired... (There is always something you are inspired to do, what is it?)

I trust... (What is something you are willing to trust? E.g. Everything happens for a reason)

Today I will... (What is something you have been putting off?)

Today I will call... (Someone you've been putting off calling? E.g. Family, friend, business associate)

Today I will have more patience... (This should be something you know you need more patience with)

Today I will make an honest effort to... (This should be something you have wanted to change about yourself for along time)

I remember... (Name one thing you remember about your childhood, good or bad)

I am willing to forgive... (Being willing to forgive is the first step to forgiving)

God please continue to support me in being... (Personal characteristic. E.g. Self-disciplined)

One quality I love about myself is... (Try to make it different everyday)

My vision in life is to... (The impossible: Your vision is so big you will not be able to accomplish it in your lifetime. It is something that turns you on and gets you out of bed in the morning. E.g. My vision is to create global transformation sharing with people how to be the change they wish to see in the world)

My purpose in life is to... (What are you committed to? E.g. My purpose is to help people be balanced, completely fulfilled and love every area of their life)

My mission in life is to... (Almost the same as your purpose. What are you going to do? E.g. My mission is to inspire 100 million people to be in action positively transforming their lives)

Today's 3 action steps I will take to transform my life and manifest my destiny are...1., 2., and 3. (You take control of the events in your life by breaking them into small action steps and one by one – take action! What are 3 things you are going to do today to make your dreams come true)