

**Emotional Wellness**

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**I appreciate all that life  
has to offer.**

**I am at peace with  
myself.**

**I am grateful for my  
life.**

**I am perfect exactly as I  
am.**

**I am taking my needs  
seriously and not  
feeling guilty about it.**

**I feel joy, love, and  
abundance.**

**Good flows to me, good  
flows from me.**

**My mind is calm.**

**I wake up today with  
strength in my heart  
and clarity in my mind.**

**My life overflows with  
happiness and love.**

**Environmental  
Wellness**

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<p><b>My environment is extremely comfortable, now and always.</b></p>	<p><b>The environment is benefiting from my personal choices.</b></p>
<p><b>I am proud of my stance on keeping my home safe.</b></p>	<p><b>My awareness is always open to change. From moment to moment, it senses everything in my environment.</b></p>
<p><b>I am creating an environment for myself where I am easily able to keep my attention focused on my priorities.</b></p>	<p><b>I help to make this planet a better place to live.</b></p>
<p><b>My physical space at home is perfect.</b></p>	<p><b>I am living in an environment that supports my mental, emotional and spiritual well-being.</b></p>
<p><b>I am Prosperous.</b></p>	<p><b>I see the world with beauty and color.</b></p>

**Financial Wellness**

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**I am safeguarding my future.**

**I save effectively and prudently.**

**I am a successful money saver.**

**My money is valuable.**

**My value is more than my money.**

**I am thankful for the abundance in my life.**

**Having money enables me to do good in the world.**

**All of my actions push me closer to financial success.**

**I am worthy of all that I desire.**

**I can manage my finances without fear.**

**Intellectual Wellness**

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**I am Prepared.**

**I am prepared to  
succeed.**

**I am proud of my  
decisions.**

**I am free to learn and  
grow at my own pace.**

**My potential to succeed  
is infinite.**

**I am strong in mind,  
body, and spirit.**

**I will try new things.**

**I am always learning.**

**I will take action and  
accomplish my goals.**

**My goals are  
achievable.**



**Occupational  
Wellness**

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**I am appreciated at work.**

**I am able to learn new ideas for work.**

**I am creating financial security with my talents.**

**I can accept leadership changes at work.**

**I do more than my share for the sake of the team.**

**I do my job well.**

**I grow my network.**

**I know when to leave work at work.**

**I listen to my heart when making career decisions.**

**There is a huge demand for my skills and abilities.**

**Physical Wellness**

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**I am healthy, happy  
and radiant.**

**I appreciate and love  
my body.**

**I love feeling fit and  
strong.**

**The older I get the  
healthier I become.**

**I radiate good health.**

**I am calm and at  
peace.**

**I am focused and  
motivated.**

**My sleep is relaxed  
and refreshing.**

**I have all the energy I  
need to accomplish my  
goals.**

**I am filled with  
energy for all the daily  
activities in my life.**

**Social Wellness**

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**I can speak confidently to anybody.**

**I enjoy speaking to new people.**

**I always stand up for myself.**

**I am able to deal with anything that anybody says to me.**

**I can make new friends quickly and easily.**

**I can inspire others with my words.**

**I am able to understand what other people are going through.**

**I can see things from others point of view.**

**I am a good listener.**

**I am simply myself when I'm with friends.**

**Spiritual Wellness**

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**I am with God and God is with me always.**

**The Divine Spirit is omnipresent all around me and guides me at every step.**

**I patiently and respectfully ask for Divine guidance on anything and everything.**

**I am responsible for my own spiritual growth.**

**I trust that everything in my life is working for my highest good and I am receiving all that I am meant to have.**

**I let go of fear. I let go of pain. I live in love.**

**I ask for forgiveness from all those whom I may have wronged and forgive all those who may have wronged me. All is well.**

**I am a divine expression of a loving God.**

**I am blessed beyond measure.**

**I am in alignment with my soul purpose.**