

MORNING AFFIRMATION

**I am a healthy, vital, active, happy and successful
human being.**

**I affirm today that all tissues and organs in my body are functioning
perfectly and that is the way
It's supposed to be.**

**I am more relaxed than ever because I choose peaceful loving
thoughts and release my fears,
worries and anxieties.**

**Tension is gone because I am creating an atmosphere of ease and
confidence.**

**My mind is uncluttered because I have set specific goals and
planned action steps for their
accomplishment.**

I feel better now.

**Nature uses the food that I eat and the air that I breathe,
the water that I drink, and the rest that I get to rebuild, repair, and
revitalize me for the future.**

Radiant energy flows through me.

I also affirm today that money is plentiful and in abundant supply.

**This money flows freely and constantly into my life
as I render loving service to all mankind.**