

# I am living a rich and abundant life

## **I am living a rich and abundant life.**

I am extremely grateful for my life. I am very fortunate for the life I have been blessed with and all the abundance that has been richly bestowed upon me.

I realize that the more I appreciate things, the more things appreciate.

**I am exceptionally aware of what thoughts I maintain.** I know how powerful my ability to create is.

I am exceedingly conscious of my emotions as well. I know that the combination of my thoughts and my emotions create my reality.

I have researched the topic scientifically. I see all the reports in medical documents of how much the mind affects the body. I am also aware of the powerful effect of the mind on the body regarding the body's resistance to disease.

**I am mindful of my thoughts and emotions in supporting a healthy lifestyle.**

I recognize how important it is for me to

maintain a healthy lifestyle. In order for me to enjoy the richness of life, I take exquisite care of my body and mind.

I experience a spike in energy as I enjoy treating myself to superfoods. I see my body become toned and strong from my workout routine. I feel richly rewarded with abundant health.

**I realize that having a rich and abundant life is more than having a lot of stuff.**

Things don't matter as much to me as people. I have an abundance of friends. I have rewarding relationships. My life is full of exciting adventures.

Today, I see how abundantly I am blessed and am thankful for this wonderful life.

## **Self-Reflection Questions:**

1. What am I grateful for?
2. What really matters to me?
3. What makes me feel rich and abundant?