

A Powerful Positive Affirmation

Everyday In Every Way
I'm Getting Better And Better
-Emile Coue

Adopting a Positive Affirmation into Your Lifestyle

- 10 minutes of total focus
- 2 weeks either when you wake up or before going to bed
- Speak the mantra (out loud preferred) with conviction and sincerity to see an impact

The Intention of this Mantra makes it so powerful:

- there are improvements taking place in your life right now,
- these will continue to take place into the future,
- and these improvements will happen in every area of your life.

(Added Bonus: These three points can be found in any good affirmation)