Age Regression

Body Younger
Mind Smarter

mindpersuasion.com
**Instructions**

Listen with headphones and eyes closed. Visualize your body getting younger and younger. Visualize your mind getting smarter and smarter. See yourself show signs of youth. See yourself in the mirror getting younger and younger. Imagine what people are saying to you about your newfound youth, health and intelligence.

**Tips For Success**

Keep a daily journal and record any objective evidence that you are becoming younger and smarter. Every night, write down things you may see the next day that would indicate your are getting younger and smarter, then look for those pieces of evidence.

Please visit our forum to share your successes, or to ask any questions:

[ mindpersuasion.net ](http://mindpersuasion.net)
Affirmations

I get younger every day
I get healthier every day
my body gets younger every day
my mind gets younger every day
my DNA gets younger every day
I get stronger every day
I get healthier every day
I become more flexible every day
I become more resilient every day
my immune system gets younger every day
my recovery rate gets quicker every day
my mind gets sharper every day
I get more hopeful every day
I become more positive every day
I become smarter every day
my mind becomes quicker every day
my intelligence grows every day
my wisdom grows every day
my experience grows every day
my problem solving ability gets quicker every day
my creativity expands every day
every day I get smarter and smarter
every day I get wiser and wiser
every day I get younger and younger
every day I get stronger and stronger
every day my immune system gets stronger and stronger
every day my muscles get stronger and stronger
every day my skin becomes more clear and smooth
every day my face becomes more smooth and attractive
every day my hair becomes more natural
my body gets younger while my mind grows wiser
my body gets more flexible while my mind becomes sharper
my body gets more resilient while my IQ increases
I respond from illnesses quicker and quicker
I reject all disease quicker and quicker
I release anxiety quicker and quicker
I release stress quicker and quicker
You get younger every day
You get healthier every day
your body gets younger every day
your mind gets younger every day
your DNA gets younger every day
You get stronger every day
You get healthier every day
You become more flexible every day
You become more resilient every day
your immune system gets younger every day
your recovery rate gets quicker every day
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your body gets more flexible while your mind becomes sharper

your body gets more resilient while your IQ increases

You respond from illnesses quicker and quicker

You reject all disease quicker and quicker

You release anxiety quicker and quicker

You release stress quicker and quicker