

Endless Endurance

Exercise Without Tiring

mindpersuasion.com

Instructions

Listen with headphones and eyes closed. Visualize any situation where you are running or exercising endlessly without getting tired.

Tips for Success

Keep a daily journal and record any objective evidence that your endurance is increasing. Write down any positive comments others make.

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

mindpersuasion.net

Affirmations

I have incredible endurance

I can run for hours and hours

I have super natural endurance

I can easily run hundreds of miles per day

I always have energy

I always feel energized

I love to run

I love to exercise

I love high intensity exercise

I feel alive when I exercise

I feel alive when I'm using my whole body

I love working my body

I love pushing the limits of my endurance

every day my endurance grows more and more

I have everlasting endurance

I always go faster and faster

I use my energy efficiently

my body is an efficient machine

my body is a fine tuned machine

my body is a fine tuned work of art

my body is in perfect physical condition

my muscles are strong and lean

my muscles are limber and flexible

my mind is in a state of bliss when I exercise

my mind is in a state of bliss when I run

my body is a supernatural engine of anaerobic respiration

my body is a tireless engine of anaerobic respiration

I keep going and going and going

I feel alive when I run

I feel fantastic when I run

I merge with the super conscious brain when I run

my endurance is unlimited

my endurance breaks the laws of science

my endurance is baffling to scientists

I win every race I enter

You have incredible endurance

You can run for hours and hours

You have super natural endurance

You can easily run hundreds of miles per day

You always have energy

You always feel energized

You love to run

You love to exercise

You love high intensity exercise

You feel alive when You exercise

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