Endless Endurance

Exercise Without Tiring

mindpersuasion.com
**Instructions**

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

**Tips for Success**

Keep a daily journal and record any objective evidence that you’re 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 ](http://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

You feel alive when you're using your whole body

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