

Fountain of Youth

Enhance Your Inner Child

mindpersuasion.com

Instructions

Listen with headphones and eyes closed. Visualize any situation where you are childlike in your innocence, health, creativity and feeling of unlimited potential.

Tips for Success

Keep a daily journal and record any objective evidence that you are becoming healthier and childlike. Write down any positive comments others make.

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

mindpersuasion.net

Affirmations

I am younger

I am healthier

I am more flexible

my metabolism is higher

I look better

I look younger

I feel younger

I seem younger

I walk younger

I sleep younger

I think younger

I have childlike curiosity

I have childlike appreciation

I have childlike wonder

I have childlike dreams and hopes

every day I get younger and younger

every day I get more and more hopeful

every day I have a more positive outlook

I have youthful appearance

I have a youthful bounce in my step

I sleep like a baby

I have boundless energy

I have the energy of a child

my energy is limitless

my energy is tireless

I have a huge metabolism

my body is an efficient machine

my body is flexible and supple

my skin is clean and smooth

my skin is moist and fresh

my eyes are clear and bright

I have high expectations for my future

I have big dreams

my big dreams are coming true

I love myself

I appreciate myself

I support myself

I respect myself

Every day I am healthier and healthier

every day I am younger and younger

every day I am filled with more joy

every day I reconnect with my inner child

I love my inner child

I appreciate my inner child

I support my inner child

I respect my inner child

my inner child loves me

my inner child appreciates me

my inner child respects me

my inner child supports me

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You are healthier

You are more flexible

your metabolism is higher

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You look younger

You feel younger

You seem younger

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You think younger

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