

Limitless

Learn Anything

Be Anything

Do Anything

mindpersuasion.com

Instructions

Listen with headphones and eyes closed. Visualize any situation where you are exceeding your current level of performance, in any area. School, work, communications, or any area you'd like. See yourself continuously getting better and better in all areas of life. Choose something you'd love to be able to do, and see yourself doing it. See it both from your own eyes and the eyes of others.

Tips for Success

Keep a daily journal and record any objective evidence that you are increasing your skills in any area. Also note any positive comments others give you regarding your behavior or your accomplishments.

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

mindpersuasion.net

Affirmations

I can do anything

I can learn anything

I have a perfectly functioning body

I have a perfectly functioning brain

I am incredibly intelligent

I am incredibly smart

I am incredibly quick witted

I learn fast

I learn easy

I learn quickly

I learn complicated topics with ease

I learn complex tasks quickly and easily

I need a minimum of sleep

I rest deeply and profoundly

I have profound wisdom

I have profound insight

I have heightened sense

I see everything

I hear everything

I know everything

I quickly understand any situation

I effortlessly solve problems as they come up

I am a genius

I quickly recalculate my actions

I learn new disciplines quickly and easily

my intelligence grows every day

I am always getting smarter

I am always getting healthier

I can do anything

I can accomplish anything

I can conquer anything

I can master anything

I have unlimited skills

I have unlimited learning capacity

Everything is easy for me

Life is simple

Life is natural

Life is fun

Life is rewarding

life is exciting

You can do anything

You can learn anything

You have a perfectly functioning body

You have a perfectly functioning brain

You are incredibly intelligent

You are incredibly smart

You are incredibly quick witted

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You learn easy

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