

# **Mental Steroids**

## **Exercise Mind and Body**

[mindpersuasion.com](http://mindpersuasion.com)

## **Instructions**

Listen with headphones and eyes closed. Visualize any situation where you are becoming bigger, stronger, healthier while healing quicker.

## **Tips for Success**

Keep a daily journal and record any objective evidence that you are becoming stronger and more energetic. Write down any positive comments others say about your physical and mental fitness.

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

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

# **Affirmations**

I have endless energy

I have endless stamina

I am powerfully flexible

I heal quickly

My strength grows every day

every day I get stronger and stronger

every day my muscles get bigger and bigger

my strength increases every day

I sleep deeply every night

I eat to feed my machine

my body is a machine

my body is efficient

my workouts are intense

I feel powerful motivation

I am in top physical shape

I burn body fat while I sleep

I am powerful and strong  
my strength is amazing  
my recovery times are short

I am explosive

I am relentlessly powerful

I am unstoppable

I am unbeatable

I have relentless motivation

I have tireless energy

I am fast

I am strong

I am quick

I am explosive

I am intimidating

I am powerful

I train relentlessly

I train tirelessly

I train continuously

I have endless motivation to train

I am determined to succeed

I am determined to win

my motivation is enormous

You heal quickly

Your strength grows every day

every day You get stronger and stronger

every day your muscles get bigger and bigger

your strength increases every day

You sleep deeply every night

You eat to feed your machine

your body is a machine

your body is efficient

your workouts are intense

You feel powerful motivation

You are in top physical shape

You burn body fat while You sleep

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You are powerful and strong

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