

Power Core

Essential Strength and Flexibility

mindpersuasion.com

Instructions

Listen with headphones and eyes closed. Visualize any situation where you have an incredibly strong core, including a well-defined six pack. See this from as many perspectives as possible.

Tips for Success

Keep a daily journal and record any objective evidence that you are getting stronger, leaner and more flexible. Write down any positive statements others make about your fitness level.

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

mindpersuasion.net

Affirmations

my abs are ripped

my abs are gorgeous

I have incredibly low body fat

my core is strong

my core is firm

my lower back is healthy

my lower back is flexible

my lower back is strong

my lower back is powerful

my abs are strong

my abs are ripped

my abs are powerful

my abs are gorgeous

people love checking me out

people love looking at my abs

my abs attract wonderful attention

my core is incredibly strong

my core is incredibly flexible

my core is incredibly powerful

my core is rock solid

my core is a solid foundation

my core supports me

my core gives me strength

my core gives me power

my core gives me energy

my core gives me life force

people are in awe of my core

people are amazed by my core

I love working my core

I love stretching my core

I love strengthening my core

my core is fundamental

my core is a force of nature

I am in incredible shape

I am in fantastic shape

my body is a highly tuned machine

my body is a perfect specimen

my body supports me

my body is powerful

my body is flexible

my body is healthy

my body is strong

your abs are ripped

your abs are gorgeous

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