

Every Day Every Way

**Continuous Improvement in
All Areas**

mindpersuasion.com

Instructions

Listen with headphones and eyes closed. Visualize any situation where you consistently getting better and better. See improvement in as many different areas of your life as you can.

Tips for Success

Keep a daily journal and record any objective evidence that you are becoming better and better in any area. Write down any positive statements others make.

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

mindpersuasion.net

Affirmations

every day, in every way, I get better and better

every day, in every way, I get smarter and smarter

every day, in every way, I get wealthier and wealthier

every day, in every way, I get stronger and stronger

every day, in every way, I get more and more filled with love

every day, in every way, I get more and more filled with compassion

every day, in every way, I get more and more filled with kindness

every day, in every way, I get more and more filled with forgiveness

every day, in every way, I get more and more filled with appreciation

every day, in every way, I get more and more filled with acceptance

every day, in every way, I get more and more filled with happiness

every day, in every way, I get more and more filled with creativity

every day, in every way, I get more creative

every day, in every way, I get happier and happier

every day, in every way, I get more and more outgoing

every day, in every way, I get wiser and wiser

every day, in every way, I get more and more courageous

every day, in every way, I get more and more confident

every day, in every way, I get more and more outgoing

every day, in every way, I get richer and richer

every day, in every way, I get lovelier and lovelier

every day, in every way, I get more and more gorgeous

every day, in every way, I become more and more
attractive

every day, in every way, I become more and more
successful

every day, in every way, I become more and more
prosperous

every day, in every way, I get kinder and kinder

every day, in every way, I get more and more
compassionate

every day, in every way, you get better and better

every day, in every way, you get smarter and smarter

every day, in every way, you get wealthier and wealthier

every day, in every way, you get stronger and stronger

every day, in every way, you get more and more filled with
love

every day, in every way, you get more and more filled with
compassion

every day, in every way, you get more and more filled with
kindness

every day, in every way, you get more and more filled with
forgiveness

every day, in every way, you get more and more filled with
appreciation

every day, in every way, you get more and more filled with
acceptance

every day, in every way, you get more and more filled with
happiness

every day, in every way, you get more and more filled with
creativity

every day, in every way, you get more creative

every day, in every way, you get happier and happier

every day, in every way, you get more and more outgoing

every day, in every way, you get wiser and wiser

every day, in every way, you get more and more
courageous

every day, in every way, you get more and more confident

every day, in every way, you get more and more outgoing

every day, in every way, you get richer and richer

every day, in every way, you get lovelier and lovelier

every day, in every way, you get more and more gorgeous

every day, in every way, you become more and more
attractive

every day, in every way, you become more and more
successful

every day, in every way, you become more and more
prosperous

every day, in every way, you get kinder and kinder

every day, in every way, you get more and more
compassionate