

# **Increase Muscle Mass**

**Big Strong and Ripped**

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

## **Instructions**

Listen with headphones and eyes closed. Visualize any situation where you have as much muscle mass and definition as you'd like.

## **Tips for Success**

Keep a daily journal and record any objective evidence that you are becoming bigger and stronger. Write down any positive comments made by others.

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

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

# **Affirmations**

every day my muscles get bigger and bigger

I increase muscle mass while I sleep

my strength increases every day

I get stronger and stronger every day

my body is a magnificent machine

every day my body fat decreases

I am lean and ripped

my muscles are bigger and bigger

I increase in size every day

my body efficiently transforms protein into muscle

I am incredibly strong

I am incredibly lean

my body is a work of art

my body is perfectly proportioned

my body is incredibly efficient

I recover quickly

I have endless motivation while working out

I have tremendous strength

my strength is explosively powerful

I have tremendous size

my body is growing every day

my muscle mass is growing every day

my body is a perfect work of art

I am an artist with my body

I sculpt my body like an artist

my muscle mass grows every day

my muscles get stronger every day

my body burns fat every day

my diet is lean and healthy

my sleep is deep and restful

I recover while I sleep

I burn fat while I sleep

I build muscle while I sleep

my metabolism supports me

my diet supports me

my mind supports me

my body is perfect

every day your muscles get bigger and bigger

You increase muscle mass while You sleep

your strength increases every day

You get stronger and stronger every day

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