Increase Muscle Mass

Big Strong and Ripped

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
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
your body is a magnificent machine
every day your body fat decreases
You are lean and ripped
your muscles are bigger and bigger
You increase in size every day
your body efficiently transforms protein into muscle
You are incredibly strong
You are incredibly lean
your body is a work of art
your body is perfectly proportioned
your body is incredibly efficient
You recover quickly
You have endless motivation while working out
You have tremendous strength
your strength is explosively powerful
You have tremendous size
your body is growing every day
your muscle mass is growing every day
your body is a perfect work of art
You are an artist with your body
You sculpt your body like an artist
your muscle mass grows every day
your muscles get stronger every day
your body burns fat every day
your diet is lean and healthy
your sleep is deep and restful
You recover while You sleep

You burn fat while You sleep

You build muscle while You sleep

your metabolism supports you

your diet supports you

your mind supports you

your body is perfect