

Push Higher

**Consistent Improvement in
All Areas**

mindpersuasion.com

Instructions

Listen with headphones and eyes closed. Visualize any situation where you are getting better and better, and achieving greater and greater results.

Tips for Success

Keep a daily journal and record any objective evidence that you are becoming better and better at any skill. Write down any positive comments from others.

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

mindpersuasion.net

Affirmations

I always increase my skills

I always expand my boundaries

I always learn more things

I always improve my skills

I always increase my success

I always do better than before

I am always getting better

I am always getting healthier

I am always getting stronger

I am always getting richer

I am always getting smarter

I am always trying new things

I am always expanding my comfort zone

I am always going further

I am always going deeper

I am always getting higher

I always do better than before

I always go faster than before

I always experience more than before

my mind is always increasing

my spirit is always increasing

my energy is always increasing

my body is always increasing

I always make my life better

I always make my life richer

I always make my mind sharper

I always make my dreams bigger

I always make my body healthier

I always make my spirit stronger

I am always becoming more resilient

I am always going where I've never been before

I keep pushing further

You always increase your skills

You always expand your boundaries

You always learn more things

You always improve your skills

You always increase your success

You always do better than before

You are always getting better

You are always getting healthier

You are always getting stronger

You are always getting richer

You are always getting smarter

You are always trying new things

You are always expanding your comfort zone

You are always going further

You are always going deeper

You are always getting higher

You always do better than before

You always go faster than before

You always experience more than before

your mind is always increasing

your spirit is always increasing

your energy is always increasing

your body is always increasing

You always make your life better

You always make your life richer

You always make your mind sharper

You always make your dreams bigger

You always make your body healthier

You always make your spirit stronger

You are always becoming more resilient

You are always going where You've never been before

You keep pushing further