

m!nds align

General Goal Statements

1. I am happy learning from others as well as myself
2. I am calm under pressure
3. I am comfortable saying No
4. I am comfortable setting firm boundaries around my time and energy
5. I am a calm and wise role model to those around me
6. When I feel overwhelmed I stop and take time out to choose my next action
7. I only take on what I know I have time to complete to my best standard
8. I organise and prioritise with ease
9. I am happy to delegate and teach others
10. I complete tasks before taking on something new
11. My home and workplace is clutter-free
12. I set clear goals for my life
13. I schedule time out for play, relaxation and silence on a weekly/ daily basis
14. I evolve naturally and simply
15. I deserve joy and happiness and embrace it
16. I have created the perfect dream, the perfect physicality and perfect abundance and flow
17. I am at peace with every type of food
18. My superconscious is my best friend
19. I am in direct communication with my superconscious
20. I have fun always with all in my life
21. I experience the joy and flavours of the moment listening to understand
22. I love myself for who I am, how I look and for all I have to offer