

WELLNESS COMES TO ME EASILY

My Intention / Goal:

Release:

_____ leaves me easily

_____ leaves me fast

_____ avoids my energy

When _____ leaves it lasts

Embrace:

_____ comes to me easily

_____ comes to me fast

_____ loves my energy

When _____ comes it lasts

Aches
Stiffness
Tired
Fat
Flabby
Heavy
Slow
Dull
Confused
Scattered
Overwhelmed
Unmotivated
Doubt
Fear
Worry
Stress
Pleasure
Weakness
Board
Helpless
Hopeless
Impatience
Frustration

Lazy
Doubt
CAN'T
Unworthy
Sabotage
Panic
Avoidance
Procrastination
Resistance
Baggage

Other:

Health
Well-being
Healing
Wholeness
Vitality
Energy
Fitness
Strength
Stamina
Endurance
Flexibility
Tone
Power
Exercise
Movement
Nutrition
Decisions
Support
Skinny
Lean
Muscles
Choices
Goals
Progress

Achievement
Focus
Confidence
Commitment
Courage
Boldness
Intention
Happy
Love
Enough
Bliss
Sparkle
Zest
Light
Change
Safety
Wins
Stability
Tenacity

Other: