

# Alternative Sentences Collection

Like affirmations, but with less room for your mind to be like 'nuh uh! You playin!'  
These are blessed & written with the intention that 1. You already know and 2. May you deeply love and enjoy yourself so that 3. It can be a nice world for everybody.

Here is one way to turn't up using these alternative sentences:

- turn your attention to these, put all else down 'n away
- set the intention to **cultivate a state ripe for awesomeness**
- relax your face
- take 4 breaths in and out (2 seconds in, hold a sec, 2 out, hold a sec, repeat 4x)
- wiggle your shoulders, hips, or whole body
- close your eyes and envision yourself as an ancient Egyptian ruler (do this until you smile naturally because of how great it feels)
- read the sentences attached in a sexy whisper, your best proclaiming-voice, or like you were reading a fairytale

# For confidence:

Today I allow myself the freedom to be how and who I am.

I love myself and am grateful for the peace I'm finding in my expanding awareness.

I know that I have what it takes to be and do my best and I'm committed to enjoying my unique path.

I love how it feels to allow myself to recognize that I've always been and done the best I could.

I appreciate the awareness I'm gaining in seeing that it is true that everything has been perfect for me.

I love how I'm beginning to more fully trust the unfolding of my unique life.

I love that I can appreciate the depth of my experiences and the perspectives they've afforded me.

I love that I'm coming to stand in front of them, grateful and proud.

I love that I have a heart of gold and a powerful mind.

I love that I can trust myself to weather storms and trust storms to weather me.

I am so grateful for the growing love and appreciation I have for myself.

I love knowing that everything is in perfect timing.

I love my heart and my willingness to be here, in this body, in this time, in this place.

I love that I am beginning to more confidently welcome a new level of feeling free and supported.

I love that I am coming to trust this process in such a way that I inspire others to trust their own.

I love knowing that I can accept and celebrate this transition as a gift and allow myself the freedom to enjoy it.

I love who and how I am today and I honor and celebrate my path.

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# For getting stuff done:

I am in awe of life.

I take time to connect with my breath.

I love to be at one with everything inside and outside of me

I love to relax into doing what feels good & knowing there is nothing but that.

I love that I am present to truth and honest with myself.

I love to be honest with myself because I know there is nothing but me.

It feels so good to love myself in that way.

I love to see who I am.

I love to be honest in my expression

I love I feel free to be me

I love that I am anchored to the core of my being

I love that I am at one with everything.

I love that I am in harmony with life

I love to flow with what's present for me

I love to trust the unfolding.

I am blessed in the being of me.

# For real'ationships:

It's amazing to me that everything works out so perfectly when we allow ourselves to grow forward.

I love that I'm coming to trust that each interaction is divine in timing and outcome.

It feels so good to me to relax even more into this awareness.

I'm grateful for the growing sensation of peace I experience in knowing that I am safe to be me.

I love that I can be who I am and let others be who they are.

It's great that I trust myself to be transparent and in truth and know that this vulnerability is the element of me that is most beautiful and attractive.

I love that I can listen for and respond to the true meaning of what others say.

I love that it's fun for me to share my life with people who uplift and inspire me, as I do the same for them.

It feels so great to know that what everyone wants is the same - to be who they are - and that I feel safe creating space for them to do that.

I love how it feels to trust how I relate to each person and to relax into whatever that expression is.

I love meeting new people and letting them meet me.

It feels so great to trust this magical unfolding and be present to each relationship moment by moment.

It's so fun to explore who I am becoming whether I'm by myself or with others.

I love letting myself express freely.

I love enjoying being with how I feel.

I love how we work through things to come to better know ourselves and each other.

I love how I feel grateful for this process and trust its wisdom.

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It's so amazing to me to be able to be who and how I am at this time, in this place.

I love that each interaction is an invitation for me to be more of myself.

I love that it's easier than I could have ever imagined.

It's beautiful to me that I don't even have to try to make things work and can just relax and enjoy how they unfold.

I love being able to see who people really are.

I love that I let them see who I really am.

I love that we are perfect in ourselves, even as and especially when we are growing.

I love knowing that everything is happening in perfect timing and that I can trust myself.

I love feeling that no meeting is random.

I love rejoicing in the wisdom and clarity each relationship brings me naturally.

I love that I am free to be me and that in joyously demonstrating this others are inspired to join me in their own freedom. -

# For being on purpose:

It's my pleasure and joy to engage with life.

What a great gift it is to be in this body, in this time, in this place.

How amazing it is to experience the world and to allow it to experience me.

I love that I have come to trust myself and the wisdom of all that is.

I love that I can relax knowing that I'm always doing exactly that which I need to be doing.

It's miraculous to be able to witness the ebb and flow of productivity with ease and grace.

I love that I'm always in alignment with my highest purpose.

I love that I know how to tune into myself and hear what it is that I truly want.

I love to be able to relax into this awareness and savor its richness.

I love that I know what I need to do and feel comfortable, confident, and supported in doing it.

I love that it's easy and fun for me to do what needs to be done.

How great it is to be gifted with delicious opportunities to grow into more of myself.

I love that I see and trust how natural the progression of understanding and mastery is.

I love that I trust all variations, speeds, and shapes it takes.

It's an honor to allow myself to be who I am and do what I'm here to do.

I love that this mystery is mine to unfold and enjoy.

I love that I'm diligent in my attendance to details.

I love how easy it is for me to focus my energy, attention, and efforts.

It feels good to allow myself the joy of being and doing in truth.

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I love how I know my true nature and worth and can thereby allow everything else to be for my enjoyment and pleasure.

I love the brand new things I bring into the world.

I love my unique brilliance, expression, and working style.

I love how I honor the seasons of growth and production.

I love who I am and the life I live.

It's so nice to be able to enjoy expressing myself through different mediums and allowing each expression to be perfect in its own way.

I love the way I am, how I feel, and the way I see the world.

It is such a gift to be able to be in this time, in this place, in this body.

I am safe. I am safe. I am safe.

# For self-love:

Today I allow myself the freedom to be how and who I am.

I love myself and am grateful for the peace I'm finding in this expanding awareness.

I know that I have what it takes to be and do my best and am committed to that path.

I love how it feels to allow myself to recognize that I've always been and done my best.

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