

DAY 3

Your Thoughts Create Your Reality

As you listen to the audio (Harmonic Prosperity), what are the dominant thoughts you think in your mind? (Both good or bad).

Are these thoughts reflecting how you want to feel each day? Y/N
Below, write the negative thoughts that run through your mind.

Now, throw away those negative thoughts by creating some affirmations for yourself. e.g “I am worthy of making 10k this month,” or “I am a high vibe, abundant girl who is simply looking for a partner to share this life with.”

Write at least 10 affirmations and try to visualise them as you write.