

THE HEALTHY AND WISE MANIFESTO

I am **INFINITE**, I am **CREATING** a life I **LOVE**. I am **GRATEFUL** for all **LIFE** has to offer me.

EVERYTHING

always works out for me. I give and receive freely.

I ALLOW ALL BLESSINGS TO FLOW INTO MY LIFE WITH EASE

I am **MORE** than enough I am an amazing **MOTHER** and **WIFE**

I **GIVE** and receive appreciation freely and often. I **CREATE** and spend quality time with my loved ones, I fill their buckets as I also fill mine. I take **AMAZING** care of myself and my family.

We *Express* love and show gratitude often

EMPOWER

I EMPOWER MOTHERS ALL OVER THE WORLD. I LOVE FREELY. I TEACH PEOPLE HOW TO BE HEALERS OF THEIR LIVES.

I am **BUILDING** a business that **SERVES** and adds massive **VALUE** to the lives of others.

I **SEEK** learning and opportunities come my way often. I live an **INSPIRED** life. I am **PRESENT** with my loved ones. I **TRUST** the process of life and I know **GOD** is in control. I am **PEACE** knowing all things work together for my **GOOD**.

ANYTHING I am doing all that I need to **DO** in order to fulfill the measure of my **CREATION**. I co Create my life with **GOD** and his **PLANS** for me are not frustrated.

I *Nurture* relationships and *Love* people

I am **PATIENT**. I am building **WEALTH** and I do **GOOD** with all things I have been **ENTRUSTED** with. I **BUILD** my business in **FLOW**. Follow up comes **NATURALLY** and often to me.

I **INSPIRE** others to **LIVE** their **PURPOSE**.

I CLAIM MY DREAMS

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