



Life Changing Affirmations Guide

By KeKeMichel

For KeKeMichel LuxeLiving

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Welcome!

I am excited about this affirmations guide! It was inspired by my belief in affirmations, as well as my desire to share a special gift with you. I know that affirmation is powerful and produces results. With affirmation as a major component of a lifestyle redesign, I was able to lose just over 100 pounds, achieving and maintaining my true weight of 125 lbs and my true size 5/small. I said my affirmations every day and within one year, I was fit and trim. Also, I used affirmations for wealth consciousness development and got out of debt within one year and moved into my dream apartment in a luxury downtown highrise. With affirmation, I was able to program my mind and cultivate discipline to maintain an A grade and high GPA throughout my undergrad tenure. I was able to travel abroad confidently and independently. I landed the ideal summer internship, which paid \$25.00 per hour with my own front office doing the type of work that I loved empowering women and children through writing and teaching. I have owned a very successful side hustle, selling my own exclusive shea butter beauty kit. My belief system was programmed to finish strong and well in whatever I set my mind to achieve.

I owe so much to the discipline of affirmation. I share this guide as an inspiration to help you begin or get back on track using affirmations to achieve your goals and aspirations too.

Wealth and success,
KeKeMichel

Love Affirmations

Of course we can say affirmations any time. Yet, the best time is when the conscious mind and the subconscious mind are at rest; for example, when you are relaxing in your at home spa, soaking in a tub of relaxing water with scented bath and body fragrances, and aromatherapy and candles placed all around. Say all the affirmations or a few at a time. Let your heart guide you in which ones to repeat during your time of relaxation. Repeated daily, manifestations of love and more love will abound in your life, and you will inspire those around you too. Also, overtime, your conscious and subconscious minds will automatically accept these love gems as a belief system. They will become your truths.

I breathe in Universal Love

I am a radiant being filled with light and love

I love and approve of myself completely

Love radiates from me at all times

I give and receive love easily and joyfully

I radiate love to all people, places, and things

I always deserve love

I attract loving relationships into my life

I feel loved and appreciated by my parents, family, and friends

Health Affirmations

Health and well-being are spiritual, mental, and physical conditions and connections that take a lot of maintenance. You have heard of the computer jargon—garbage in, garbage out. That same maxim is true for what you put into your body, mind, and spirit—garbage in, garbage out. Eating anything and everything you want will eventually lead to preventable diseases like obesity, diabetes, and high blood pressure, etc. Filling your mind with negative and violent television, movies, music, entertainment, etc., will show up as various forms of negative and violent behavior, which affects and vexes your spirit. It is a battle. However, my philosophy is that the battle is fought and conquered in the mind. The mind has to be programmed or reprogrammed with affirmations, in this case health affirmations. The old health notions and thought patterns need to be annihilated by new health ideas and beliefs to form a new health paradigm. Affirmations must be used daily, especially during times of relaxation, for example, when you are relaxing in your at home spa, soaking in a tub of relaxing water with scented bath and body fragrances, and aromatherapy and candles placed all around. This is when your conscious and subconscious minds are in their most susceptible state. You will know when your new belief system has been established because your body will be compelled to manifest the mental programming or mental suggestions. Soon, you are that healthy person who you always wanted to be. Affirmation is a lifestyle technique that one uses throughout one's lifespan.

I have a strong health consciousness

Divine healing power radiates within every cell of my being

I am well, I am whole, I am strong

I nourish my spirit, mind, and body daily

I enjoy eating fresh and nutritious foods

I exercise daily for my health and well-being

I am always my true weight and size

I am beautiful

I choose to be happy

I sleep soundly and peacefully

I am relaxed and calm

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Wealth Affirmations

Wealth consciousness is something that financially rich and successful people possess. It is a state of mind that you can cultivate too. What does it take to establish a belief system of wealth? It takes programming your mind with thoughts and ideas of wealth and success by saying affirmations aloud with sincere feeling and passion, during times of relaxation when the conscious and subconscious minds are in their most susceptible state, for example when you are relaxing in your at home spa, soaking in a tub of relaxing water with scented bath and body fragrances, and aromatherapy and candles placed all around. Also programming involves daily focusing on these affirmations until you have developed a belief system and they become your truth. Then, the evidence of wealth, riches, and success will manifest in your life like magic. Wealth consciousness is a lifestyle.

I am wealthy and successful

I love being wealthy and successful

The riches of the Universe come to me easily

I am a money magnet

I love money and money loves me

I make great money doing what I love

I use my money wisely

I own high profit businesses

An avalanche of abundance flows to me freely

Money and prosperity are in my possession

I love sharing my wealth with others

Miracle Affirmations

A miracle is Divine phenomenal activity and supernatural experiences. It is something that seems to be an impossibility, beyond human manipulation. A miracle is an amazing event that is extraordinary. Many maintain that a miracle is a needed blessing, especially when the situation is dire or urgent, for example. Above all, our words, thoughts, and beliefs create and attract the phenomenal energy that we call miracles. Interestingly, however, miracles can happen to anyone. Thus, miracles can also be referred to as grace, mercy, and love that emanates from Divine energy. Yet, there is a difference between those who have the endowment to call forth miracles because they are aligned and flowing with Divine supernatural power versus those who are not aligned. Such endowment and alignment with Divine supernatural power to harness miracles, again, has to do with affirmations, speaking forth words that hold vibrations, and which attract and call forth miracles. Affirmations are best actualized when the conscious and subconscious minds are in a relaxed state, for example when you are relaxing in your at home spa, soaking in a tub of water with scented bath and body fragrances, and aromatherapy and candles placed all around. Endowment of miracle power requires daily affirming miracles until you have developed a belief system that is aligned with Divine energy. Affirmation is a lifestyle technique used throughout one's lifespan.

I am a Miracle

Miracles abound in my life

I am surrounded by blessed unexpected Miracles

I believe in Miracles big and small

I expect and embrace Miracles in my life

I am now experiencing wonderful Miracles of love, friendship, and prosperity

I speak forth Miracles