

SELF-LOVE SUBLIMINAL INSTRUCTIONS

Subliminal affirmations are the ultimate tool for rewiring your subconscious mind and setting you up for mega success

They are positive statements that can only be heard by the subconscious mind, because the words are well below your hearing level. They are basically a reprogramming trigger that are layered beneath an audio file

The words are taken in and stored deep into your mind, where they naturally manifest into your reality

They're so powerful and effective because the affirmations are repeated over and over again underneath the music. The reason they're so damn powerful is because your conscious mind has no opportunity of rejecting them. Some limiting beliefs are so strong within us that when we try to tell us something new and positive, our conscious mind immediately throws it out the window

**FOR BEST RESULTS, LISTEN TO THE AUDIO WITH
HEADPHONES**

NOTE: DO NOT listen while driving or operating
machinery

*For maximum results, listen to this subliminal audio at
least once every day for 7 days*

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I only use the most empowering and positive affirmations, that are for your highest good. To make you feel safe listening to them, here's the affirmations that are used in the audio:

I love myself unconditionally
I respect and honour myself
I am worthy of all my desires
I am loved and supported
I am a light in the world
I am happy and healthy
I make a difference in the world
I have all the skills to be successful
I am beautiful
I deserve to be paid for my work
I believe in myself
I am perfect just by being me
I am confident in who I am
I express myself with truth, love and honesty
I put my own needs first
I am strong
I value my boundaries
I am in control of my own life
I live life the way I want
I attract the best relationships
I am surrounded by wealth and abundance