



## Over **100** SPEED Manifesting™ affirmations for creating your Vision Board mind movie or gratitude journal.

These Affirmations are carefully structured to get the magic into your manifesting and help you focus on turning your life around quickly.

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### QUICKLINKS:

[Money & Wealth](#)

[Relationships and Love](#)

[Focus and Discipline](#)

[Time & Freedom](#)

[Switching from a Negative to a Positive Mindset](#)

[Being More in the Present Moment](#)

[Overcoming Fear](#)

[Intuition & Guidance](#)

[Self Care & Body Love](#)

[Laughter, Joy & Fun](#)

[Family & Friends](#)

[Receiving & Acceptance](#)

[Oneness and Peacefulness](#)

Movie samples available at youtube channel: <http://youtube.com/speedmanifesting>

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### **MONEY & WEALTH:**

How did we get to be so rich?

I am already successful.

The more I act, the more I succeed.

All my needs are met, for I am one with the Universe.

I live in a beautiful large home with fantastic soothing views.

I trust in the process of life.

I am grateful and thankful for my love, my wealth, my health, my prosperity, my value and appreciate the flow of all things in my life.

I am content with my life.

I can create and produce.

I work for the good of all.

I contribute to the world in a meaningful way and I am paid back a thousand-fold.

I manage my money and other resources wisely.

It is fun and easy to take action toward my goals.

I sizzle with power and enthusiasm.

I am always positive and prosperous-minded.

I have an alert, positive mental attitude and I persistently think and act in the direction of my good and my goals.

I efficiently make use of my time each day.

I am deeply grateful for the freedom to act and move toward my goals.

I am responsible for my life.

I have made a decision not to judge anyone, including myself.

I vividly visualize myself as the person I want to be and I am enthusiastically achieving my goals.

It's great to be alive.

My life is a great and exciting adventure.

I live in a world of abundance.

Prosperity is circulating in my life.

It flows to me in avalanches of abundance.

All my needs, desires, and goals are met instantaneously for I am one with everything.

## **RELATIONSHIPS & LOVE:**



I give and receive love freely.

I attract those who have healthy, positive intentions.

I radiate beauty/youth/aliveness.

My partner expresses his/her love for me and cherishes me, and I show how I cherish him/her every day.

I enjoy romance and intimacy with my loving partner.

I easily find ways to show my love and appreciation for my partner and my children.

I constantly notice positive traits about my partner.

I find ways of demonstrating love to those in my life.

My relationships are joyful and fulfilling on all levels.

I bring a positive energy to all my relationships.

The love I experience in my relationships is unlimited.

I am open to all that the universe brings me in my relationships.

I am surrounded by loving, supportive, and positive people.

People like me for who I am.

I am seen by others as loving, confident, attractive, and personable.

I exude warmth and love.

## **FOCUS & DISCIPLINE:**

I have the ability to change my life.

I have the energy and passion to make my thoughts reality.

I make conscious, appropriate, and wise decisions and I am willing to let go of the past and heal.

I have the courage to believe in my vision and to take the steps towards it.

I trust in the process of life.

I am becoming better at recognizing positive or negative thoughts, confidently choosing what to accept or dismiss.

## **TIME & FREEDOM:**

I have time to play and balance my extraordinary life.

## **SWITCHING FROM A NEGATIVE TO A POSITIVE MINDSET:**

I see the seed of an equivalent or greater benefit in every adversity.

I attract those who have healthy, positive intentions.

I am surrounded by loving, supportive, and positive people.

I am becoming better at recognizing positive or negative thoughts, confidently choosing what to accept or dismiss.

## **BEING MORE IN THE PRESENT MOMENT:**

Every pressure I feel is a signal to relax, release, and let go.

I have no need to control people or situations.

I trust in the process of life.

I release my past and welcome the present.

I choose to forgive and release the past.

I choose to see the perfection in everything, just the way it is.

## **OVERCOMING FEAR:**

I choose to move forward, always seeking what is positive.

I live free from struggle and fear.

I have no need to control people or situations.

I attract those who have healthy, positive intentions.

I am set free and forgiven.

Every pressure I feel is a signal to relax, release, and let go.

It is safe to be vulnerable because the universe protects me.

The world is a safe and nurturing place.

I am healing all my childhood wounds.

I let go of things I cannot control.

I let myself play and have fun.

I am moving toward greater peace and happiness every day.

I trust in the process of life.

I speak my truth and walk my talk.

## **INTUITION & GUIDANCE:**

I trust my inner guidance and I am deeply grateful for my wonderful life.

I have complete faith and trust in Universal Infinite Intelligence.

I take deeper, longer, more relaxed breaths.

My happiness comes from within.

With every breath my awareness grows deeper.

## **SELF CARE & BODY LOVE:**

I love myself unconditionally and nurture myself in every way.

I am beautiful, capable, and lovable.

I am valuable.

I radiate beauty/youth/aliveness.

I love to stretch and move and I feel wonderful.

Every cell in my body vibrates with love and perfection.

I am youthful, healthy and strong, filled with energy and vitality.

I awaken each day feeling healthy and alive with energy.

I think young and feel young.

I have a healthy self-esteem.

I am creating miracles of love, peace, and prosperity every day.

I feel good about who I am.

I always have more than enough energy to do all I want to do.

Every cell in my body works together in perfect harmony to create aliveness and vitality.

I take deeper, longer, more relaxed breaths.

I take care of myself by eating and sleeping well.

I am unique and valuable.

I have an inner sense of who I am.

I love myself and I love others.

### **LAUGHTER, JOY & FUN:**

I am love, I am joy, I am abundance.

I laugh everyday.

More and more I look for things that bring me joy.

Joy is a healing choice and I choose it for myself.

I let myself play and have fun.

### **FAMILY & FRIENDS:**

I have a calm and happy family life.

I like people, and I radiate warmth and friendship to all.

I speak only kind words about others.

I am surrounded by loving, supportive, and positive people.

I am appreciated and I appreciate others.

People like me for who I am.

I am seen by others as loving, confident, attractive, and personable.

I live my dreams with the support of loving people around me.

I patiently communicate with gentle awareness.

People like me.

I have as many friends as I want.

I am a good friend, and I deserve good friends.

I give and receive love freely.

I exude warmth and love.

### **RECEIVING AND ACCEPTANCE:**

I am valuable.

I make every act an act of love, freedom, mastery and hope.

I am truly blessed.

I am appreciated and I appreciate others.

I am love, I am abundance, I am joy.

I take deeper, longer, more relaxed breaths.

With every breath my awareness grows deeper.

I am worthy of great love, and I deserve to be loved fully and completely.

I am grateful and thankful for my love, my wealth, my health, my prosperity, my value and appreciate the flow of all things in my life.

My happiness is growing to infinite proportions.

My capacity to give and receive love grows by the minute.

## **ONENESS & PEACEFULNESS:**

I am complete and perfect.

My happiness comes from within.

I need nothing, not even myself, for my outcome is assured.

My very nature is limitless freedom and happiness.

I am deep, immense, unshakable Peace.

As the Center and Source of everything in my life,

I have nowhere to go, nothing to do, nothing to become.

I am Oneness.

I am ever-calm, immovable and eternal.

I am the happiness of absolute freedom.

I am the perfection of all that is.

I am Love. I am Joy. I am Abundance.

## **Instructions on How to make your own Mind Movie in 3 steps**

**by Lori Mitchell**

Working with my coaching clients I discovered a turning point in the effectiveness with their results. When they visualized every day without fail, they would suddenly have a big increase in the opportunities coming to them. Previously I was spending so much time working with them to get their vision, values and mission clear. They still did not progress quickly until they had the disciplined time each morning to dream and imagine about their life vision.

When they began to watch their own personalized music-slideshow each day, things went into hyperdrive for them. It was sometimes shocking at how fast it began to come together. I had a client who was working on buying a ranch business for over a year before he came to me. We worked together for several months when he started watching his own slideshow. In the middle of his ranch business manifesting slideshow he also added that he wanted his oldest daughter to get married soon. Two weeks after watching this daily, he was in contract negotiations for his ranch, and very surprisingly his daughter came to him and said she was getting engaged. It was truly out of the blue.

If you have put off this task because it seems more like an art class exercise, or it is too time consuming consider how important it is in order to manifest quickly. It just makes sense to use it to imagine with emotion.

The easiest way to put together your own slideshow is in three steps, once you have the software like Windows Movie Maker, PowerPoint or iMovie for Apple:

1. choose an uplifting, inspirational song (you can purchase from iTunes)
2. write 20 affirmations for your lifestyle, relationships, experiences and money
3. find 25-30 photos large enough for good resolution on a computer screen

Once you have these you can put together your own movie, and place the words and photos strategically to follow the audio. I found Windows Movie Maker was already pre-installed on my laptop from a few years before, and it was easy to find the song and photos and place them. The affirmations are best stated in the present tense, like "I love travelling the world with my family", or "My success is growing quickly every day". Choose from those in this document that feel good.

This is a task that may take you 6-8 hours in total to complete, but it will be a labour of love! Once you have it you will find that it will carry, uplift and focus you on your intentions. So you will easily be able to take action as well as increase the coincidences that come, unexplained. Then you'll notice the magic of life manifesting for you.

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Lori Mitchell is the author of SPEED Manifesting™. She teaches The SPEED Manifesting™ Method through personal coaching and video courses. She runs a Facebook community as a playground to learn how to speed up the process of creating your life from your thinking and



feeling. Join her list to receive updates for audio replays as well as email postcards and video inspiration. Her exclusive personal coaching is extremely limited to those totally committed to big results. She continues to share her knowledge and teaching on the speed and simplicity of the Universal Laws. visit: <http://www.speedmanifesting.com>

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**Which SPEED Manifesting™ Step are you Missing?**

**Find out which one is your missing link and begin to manifest in lightspeed. [Click here](#) to learn more.**

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