

## Positive Self Image, Self Esteem and Confidence Subliminal MP3

**Your Positive Self Image, Self Esteem and Confidence MP3 subliminal download contains the following affirmations:**

*I deserve the best. I appreciate my life. I love life. I like myself. I forgive others. I forgive all. I forgive myself. I am forgiven. I am forgiving. I am powerful. I am calm and secure. I feel good. My life is in harmony. I feel good. I love life. I am positive. I am happy. I am good. I am a deserving, worthy person. I am strong. I am confident. I am a capable person. I like myself. I am proud of myself. I believe in myself. I feel great. I feel happy. I am wonderful. I am safe and secure. I trust myself. Life is good to me. I want to respect myself. I am able to respect myself. I respect myself. I love my life. I am liked. I am accepted. I am accepting. Life is good. Living is fun. I enjoy life. I am responsible for me. I am caring. I am sharing. I am loving. I am loved. I am safe and secure. I am optimistic. I am calm. I believe in my ideas. I enjoy people. I enjoy myself. I respect my own judgments and opinions. I improve. I am relaxed. I am poised. I am sufficient. I am in control. I have great strength and confidence. My body posture reflects a confident attitude. I believe life is good to me. I want to feel good about myself. I can feel good about myself. I feel good about myself. My personal power makes me feel confident. I am absolutely worthy. I project power. I am self reliant. I am self assured. I am positive and determined. I have the power to succeed. I trust myself and my decisions. I am a deserving worthy person. I claim my power as a worthy person. I claim my dignity as a worthy person. I am a creative person. I create worthy relationships. I am worthy because I am a child of God. I am an enthusiastic, motivated person. I have a passion for life. I am absolutely in charge of my life. Today is a good day. My life is harmonious now and always. I choose happiness. My life is fun. I feel happy. I am positive about the future. I am thankful for my happiness. My life is rich with joy. I am peaceful, contented and secure. All things work out for my ultimate good. Thinking positively brings me pleasure. Life is full of wonderful opportunities. I focus on the positive side of life. I have a natural enthusiasm for living.*

The messages in both male and female voices on this recording have been processed to deliver up to 2000 clear affirmations per hour. These strong, clear messages were recorded just slightly below the level of the sound format, using a computer processor, to ensure the strongest saturation of subliminal messages. Each message is embedded in the music so precisely that you don't consciously hear it, yet they are well within the range of hearing to strongly register on the brain. Because of our high saturation of subliminal messages you may occasionally hear some of the affirmations slightly bleeding through the music or nature sounds. This is your assurance that you are getting strong subliminal messages in this recording. This subliminal program also takes advantage of the brain's receptivity to both emotional and logical messages to activate both brain hemispheres – this assures complete absorption of the messages for the changes and improvement that you want. Play this program softly in the background any time day or night, while you are working, driving, reading, learning, eating or even sleeping. Listen to the entire recording at least once a day or more if possible. The more you listen, the greater the effect.