

Daily Magic

1. Move and Breathe with Strength and Pride.
Breathe in 4 and out 4
2. Affirm- Every day in every way I'm feeling....
I'm getting...
I'm more and more...
Imagine what each means to your life.
3. Express Gratitude
4. Visualize or Imagine
5. Affirm
All I need is within me now
All the _____ is within me now.
Imagine what each means to your life.
6. Enjoy the Moment
Magic Moments
Turn up the Energy...

Resource:

Anthony Robbins-The Edge with Bonus CD Daily Magic
<http://www.tony-robbins-edge.com/the-edge-contents.html>