

Here's to my Absolutely Awesome Life, where I

- Accept All That I Am
- Choose Fresh Growth
- Drop Negative Thoughts



- Choose New Habits Now
- Accept Who I Am Today
- Am Uniquely Amazing

by Steinar Almeliid

I love myself

1 I love myself unconditionally, exactly like I am. At my core I am naturally awesome and in awe of all. Accepting that fully, I let go of all else.

I respect and exercise my body

2 I eat healthy as can be. Exercising harmoniously, I thrive more and more in my physical body. I'm a living temple and being in shape is essential.

Finding silence within

3 Owning my own happiness, I find room to be still, meditating on and contemplating life's greater questions. As it is, I am the source and the answer.

The gift of compassion

4 Empowered, may I care for everyone and be truthful in all I do. With the wisdom and compassion to bring out the best in me, I inspire others and a better world.

I am a great team player

5 Every day I am becoming a lighter and brighter being. The right people easily drawn to me, I'm a contributor in enabling great outcomes for my team and clients.

I contribute fully

6 So that others may know their true heart, I hold space for them to feel supported and loved. For myself, I leverage all that I am for the benefit of all that is.

My marketing is a gift

7 Knowing my work as a huge gift, I see all truthful marketing on my behalf as deeply meaningful. I accept the workings of this world, to enable my contribution.

I'm grounded – right now

8 Victorious over doubt, I recognize all my best and feel into this deep connection with mother earth. Winning myself over within, I'm grounded in everything I do.

Accepting my full potential

9 Accepting all that I am, I generate the energy to be courageous in developing influence in beautiful ways. Seeking and finding clarity for myself, the world wins.

Living my purpose

10 Knowing why I'm here, I am heart-driven. Creating great outcomes for myself and those around me, I fulfill my purpose. Finding deeper layers within, I update me.

Grateful for all that is

11 Feeling grateful deep within, I recognize the many gifts received. A kind smile, a healthy meal, an appreciation. Contemplating, I give thanks.

Authentic & real

12 Being real with what is, I focus on what is essential and of true value for all involved. Knowing when to hold back, I'm more and more willing to be my true power.

I study & learn continuously

13 A happy learner, I know to absorb good and great, and discern what does not serve me right now. Being open to new, I let go of ignorance and arrogance.

I get back up, again and again

14 Knocked down by circumstance, I muster the strength within to fight for what is true and meaningful. Getting back up, I'm an inspiration for others.

Filled with joy & having lots of fun

15 Humbly approaching life with all that I am, I accept all joy and sensory delights. All those holding respect and healthy boundaries. Powerfully, I am joyful.

Finding harmony

16 I seek a vocation that engages all of me, is of benefit to all involved and enables harmony with my entire life. Fearlessly being integrity, my heart is my valor.

Clarity for abundance

17 Finding clarity in vision, strategy and what's truly meaningful for all, I accept everything good my way. I am healthy, loving and abundant.

I am fulfilled & inspired

18 Finding stillness and loving to bits myself, I am completely fulfilled and deeply inspired. Accepting my abundance in service, I thrive with all that I am.

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