

Goals for Releasing

I allow myself to release naturally and constantly with ease.

I allow myself to approve of myself, naturally and constantly with ease.

I allow myself to approve of myself (for any reasons, all reasons, and no reasons at all!)

I allow myself to really enjoy my life, my work, and my world.

I allow myself to really enjoy cleaning up and my life.

I allow myself to really enjoy my husband and my children.

I allow myself to really enjoy my parents and my brothers and sisters.

I allow myself to really enjoy my friends.

I allow myself to put God first and to keep God first.

I allow myself to be courageous for Christ.

I allow myself to live in Divine Wisdom, Order, and Timing.

I allow myself to be of joyful service.

I allow myself to be loving, giving, and caring.

I allow myself to connect with people (my family) in love, peace, and joy.

I allow my relationship with (James, Mom, Denise, Dr. S, Dr. Vasquez) to be loving, joyful, and supportive.

I allow myself to meet Leonardo DiCaprio in person and to love it.

I allow Luke to be safe and free. He belongs to God and he belongs to me.

I allow myself to be safe and free. I belong to God and God belongs to me.

I allow myself to do the work I love and love the work I do and let the money come.

I allow myself to be highly successful in my work.

I allow myself to do my homework and homework and work work easily and well.

I allow myself to begin my work promptly, joyfully, and easily.

I allow myself to have financial abundance, security, and freedom.

I allow myself to have total permanent, financial freedom.

I allow myself to have a cash flow of \$1,000 a week, every week by releasing with ease.

I allow myself to have an abundant cash flow, debt free, with ease.

I allow myself to have great wealth success, joy, and satisfaction.

I allow myself to attract wealth and have abundance with ease.

I allow myself to expand my havingness.

I allow my money thermostat to grow to great wealth and prosperity.

I allow myself to weigh 120 pounds with ease.

I allow myself to have abundant energy.

I allow myself to have a Yogi body, fit, lean, and graceful.

I allow myself to start my day joyfully, free, and at ease.

I allow myself to have a lot of fun.

I allow myself to play joyfully for the rest of my life.

I allow my life to be full of joy.

I allow myself to be happy.

I allow myself to laugh out loud a lot!

I allow myself to say yes to joy.

I allow all my doubts in myself and Divine Providence to come up and be released with ease.

I allow myself to tithe happily, freely, and wisely, with ease.

I allow all my doubts and hold-backs and self-sabotage to come up and be released.

I allow myself to let go of trying to figure it out and allow it to be different than what it thinks it is.

I allow myself to live in confidence, abundance, and ease.