

TAP FOR THE END OF DAY

KCP: I choose to have a great night. I choose to leave here relaxed, peaceful and feeling great. I intend to release all the worries and tension that I experienced throughout this day and I choose to relax and I deeply and completely love forgive and accept myself and anyone else who has been a part of my day.

TCE: I am full of energy

SE: I am moving through my life experience with no resistance.

BE: I am flowing effortlessly, comfortably and happily.

BN: I see myself attracting only those

BM: Who are in harmony with my intent.

CB: I intend to have a safe journey home tonight.

UA: I see myself arriving at that place healthy, refreshed and on time.

CROWN: And prepared for whatever I choose to do there.

TCE: I recognize that I am unlimited in all facets of my life.

SE: For I know that it is in this present moment that I create my future.

BE: I have an unlimited bank account

BN: I am experiencing no financial limitations.

BM: I'm making all my decisions based upon

CB: Whether I want the experience or not.

UA: And not whether I can afford it.

CROWN: I know that I am a magnet attracting whatever level of prosperity

TCE: Health or Relationships I choose.

SE: I choose absolute and continuing abundance, for I understand

BE: That there is no limit to the wealth in the Universe.

BN: This is an abundant Universe.

BM: And that by attracting abundance to me

CB: I'm not limiting another. There is enough for everyone.

UA: Whatever I want or need, I can easily

CROWN: Bring into my experience.

TCE: I see myself in perfect health, in absolute prosperity.

SE: Appreciating this marvellous life experience.

BE: It is such fun making decisions by applying the Law of Attraction.

BN: It's fun, it's good and I love and accept myself.

BM: And when it is time to sleep I set my intention that I will rest well

CB: And awaken refreshed and joyful

UA: Looking forward to the day before me.

CROWN: And I know that if there is anything

TCE: Important to recall from my dream state

SE: I will recall it when I awaken.

BE: I am so grateful for all the many blessings I have in my life right now

BN: For wonderful friends and family

BM: For perfect health and vitality.

CB: For the joy and happiness that shines within me.

UA: I am so blessed

CROWN: And therefore I must be a blessing to others, in mind, body and spirit.