

All Positive Ego-Strength to EMERGE

And now as I count forward from 1-5, you'll allow that energy to rise back up in you.

And as you walk out the door today, you'll notice yourself looking for even the smallest signs of success.... you'll always get what you're looking for. And success breeds more success.

1. Now, You find yourself feeling physically stronger and fitter. MORE wide-awake, and MORE energetic. MUCH LESS preoccupied with the challenges of yesterday, and MUCH MORE aware of our abilities today. Your nerves stronger and steadier. Your mind calmer and clearer, more composed, more peaceful and at ease.
2. You realize you think MORE clearly, concentrate MORE easily, and you see things in their true perspective, without allowing them to get out of proportion. Every day finding yourself becoming emotionally much calmer.
3. You feel a greater feeling of personal well-being, safety and security. You begin to discover much more confidence in your ability to do what you have to do each day, and MUCH MORE confidence in your ability to do whatever you ought to be able to do, easily, optimistically, and happily.
4. And because you are aware these things are happening, not because I say so, not because of some wonderful words I know to say, but simply because it's the decision you made for yourself. You begin to feel much more contented. Much more cheerful, optimistic as every day you do better and better.
5. Eyes open, refreshed, alert, feeling good.