

101 Life-Enriching Affirmations



**For Greater Wellbeing, Creativity,
Prosperity, Health and Playful Productivity**

- 🌿 **Over 101 Life-Enriching Affirmations for Creating What You Want**
- 🌿 **How to Prepare Your Mind so Your Positive Affirmations Can Work**
- 🌿 **5 Ways to Quickly Clear Resistance and Struggle**
- 🌿 **The Easy and Simple Truth About Transforming a Habit!**

Elari Onawa

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 **TIP:** **Yes, you can!** Cultivate ways of seeing yourself and your life that support what you truly desire. Believe what you *want into existence*, rather than out of existence. Believe that you can have it!



~ CONGRATULATIONS AND WELCOME

You've made a great choice downloading this life-changing guide! To get you ready for a powerful experience, I want to take a few moments to set a solid foundation for you. Even if you've been using positive affirmations or mantras for years, are completely new to using them, or have struggled with them in the past, you will benefit immensely by reading this brief introduction, and the how-to sections that follow. As you do, you'll learn how to cultivate perspectives that support your fullest and most satisfying potential. *So, let's get started!*

THE 4 ESSENTIAL BUILDING BLOCKS FOR A FUN AND FABULOUS JOURNEY

Building Block #1 — We believe it into existence. Whether we're thinking about something, imagining it, or giving voice to it, *we are creating*. Any idea or perspective we take on as true, or practice long enough — becomes a belief. This fundamental and powerful tool, *what we expect*, determines what we can see and experience. So, anytime we want to experience something new, *we have to be willing to believe that we can have it!* Positive affirmations or mantras help you upgrade your vantage point, so you can experience what's calling you forth.

Building Block #2 — It can be fun and easy. Although beliefs and habits are often seen as hard to change, this doesn't have to be true. It's only hard, if we cultivate the idea that it is. It's only difficult, if we don't understand how to leverage our amazing creative abilities, in a way that allows our desired experiences to unfold, in a fun and natural way.

Building Block #3 — What matters is now. Contrary to what many take on as true, you do not have to keep digging up unwanted experiences, in order to have a powerful breakthrough in the areas of prosperity, confidence, relationships or health, for example. Yes, you want to create from a clear slate, but once you're clear, *what matters is now — what you're cultivating and expecting in the current moment.*

Building Block # 4 — Follow *who you truly are*. You are a powerful creator, an explorer wired for evolution and expansion. This means that you are not a static being; you are designed to grow and have new experiences. **Your heartfelt dreams and desires are the language of your soul calling you forth to *who you truly are*.** When you follow those dreams and desires with positive expectancy — while appreciating how amazing *you already are* — life works in magnificent ways! Enriching experiences and resources flow to you. You feel an unconditional sense of wellbeing, and have the freedom and confidence to create what you truly want to experience next! Your life is a gift, a wonderful adventure and *you get to choose how you want to live it!*

If you're like most people, you're looking for a more graceful and awe-inspiring way to live. This requires you to expand your concept of what's possible. You can do this by learning how to leverage the tools you are about to discover in this guide. If you stay open and curious, you'll learn and benefit quickly. All things become possible, *when you are willing to believe in them.*

So you are in the right place and I hope you're excited. While I may not know you personally yet, the fact that you're reading this tells me that you're ready to claim, invoke and create like never before. It tells me that you're in the process of embracing a more joyful, adventurous way to live!

If this is the first time we're connecting, it's wonderful to “virtually” meet you!

I'm Elari Onawa, author of *Just Believe: How Faith in Yourself Shifts Everything*. Since 2003, I've been leading Self-Discovery, Life Purpose and Self-Empowerment programs, teaching and coaching people how to create more of what they really want to experience in life. I've seen people heal what they once believed, or were told was incurable. I've seen people move from the boredom of an autopilot existence to whimsy and wonderment, from frustration to freedom, and from feeling trapped by jobs they didn't like — to living with purpose, and thriving, doing what they truly love. It is possible, when you're willing to believe that it is!



Are you ready? Let's explore!

Much Love,

Elari



~ HOW TO USE THESE POWERFUL AFFIRMATIONS

Affirmations, in the way I use them, are powerful statements we consciously invoke to expand our concept of what's possible. Our heartfelt dreams and desires are always calling us forth to *who we truly are*, creators wanting to enjoy fresh new experiences, as we appreciate who we

★ **TIP:** It's Simple

and Powerful! Keep expanding how you see yourself and how you see your life. When you expand your concept of what's possible, your desired experiences will flourish as well!

already are, and what we already have. To experience the aspirations that call us forth, we must be willing to believe that it's possible to be, have or experience them. *We have to be willing to believe!*

Affirmations allow us to build a bridge between what we want to experience next, and what we currently believe is possible. A well-chosen affirmation will bolster, empower and inspire you, and is a statement of Higher Truth about *who you really are*, and how life can unfold for you.

When you use them as mantras and allow yourself to feel them, they can have a profound impact on your life.

LET THIS BE FUN AND NATURAL



As you look through the various sections in this guide, I recommend reading through all of the affirmations to see which one fits best for you now. There are different affirmations for different levels of belief in each section. So, some affirmations will naturally feel better than others to you. Start with one that allows you to feel hopeful, a step up from where you currently are.

In working with thousands of people over the years, I can tell you what trips up a lot of people — trying to take too big of a leap. They have a BIG desire, yet their beliefs are not allowing them to have what they really want. There's a big gap between desire and belief. So, when they affirm a new belief, they're simultaneously bringing up resistance. *Why?* Because their mind isn't ready to go there yet. Look at it this way, if you've been practicing a certain vantage point for a while, you've basically told your mind that *this is how you are, and how the world works*. You may also see the current reality as a barrier to having what you really want.

So, you have to prepare the way by taking one step at a time, from where you currently are, to where you want to be.

5 WAYS TO QUICKLY CLEAR RESISTANCE SO YOUR AFFIRMATIONS CAN WORK

1. Tell yourself that you are done with the old way of seeing yourself, the situation, or the way things work. *You are done with it!* Then tell yourself that you are *willing* to believe that something easier, more rewarding or more fun is possible. Then introduce the mantra. You're preparing your mind to accept something new!

2. Put the old thinking in the past first, by saying *I use to think or believe and now ...* Your mind understands that when you say "I used to" it's in the past. In this way, you're acknowledging your existing expectation as a *was*, rather than an *is*! This is very powerful, because your mind can embrace your new way of seeing yourself, your life, or your desired outcome. Instead of trying to force a new belief, which doesn't work, your mind understands that you're now changing the rules! That's a relief!

3. Find things to genuinely appreciate about yourself and your life, as it is, as you happily anticipate what is in the process of becoming. This allows you to see the current conditions without making them into a barrier. When you appreciate *who you already are*, and *what you already have*, you're focusing on plenty, rather than "not enough", or "it's not here yet" thinking. Many people unknowingly affirm "I don't have it", as they're creating something new. This produces mixed signals, which in turn slows down or stops the easy unfolding of their heartfelt dream or desire. Appreciating yourself and your life right now, is a necessary component for a fulfilling life, and allows your affirmations to work in the way you really want them to!

4. Tell yourself that you don't need to know how, or have all of the details in order to have what you truly want. If you think you need more details or information, you will slow yourself

down, or may get stuck in “preparation anxiety”. You just have *to be willing to believe* that it is possible to have what you want. Then take one step at a time. With each step, you’ll have what you need, and know what to do next.

5. Be aware of how you’re feeling about your dream or goal. If you feel it’s a really big leap, *it will be*. Start with small steps. You can do this by taking any of the affirmations in the following sections, and prefacing them with — “I am willing to believe” or “I love or like the idea of...” Then as you settle into that, continue to build upon your vantage-point, building a bridge between your expectation, and your beautiful, delightful awe-inspiring desire.

USING QUESTIONS AS AFFIRMATIONS

Your mind is so powerful. When you ask a question — your beautiful mind will go out and search for an answer. When you ask or imagine *what could happen*, your mind says; “okay, that’s how it works”! The more you practice a possibility, the more real or “true” it *seems* to be. To change a habit



or produce a different result, you can ask a different question, one that supports the outcome you really want! Your mind can find evidence to support your desired experiences. For example, if you ask; *why is this so easy*, your mind will search for evidence that it is easy, and your experience will become easier. The opposite is also true. Expecting hard, brings hard.

If we ask empowering questions, we get empowering answers and evidence. We can cultivate empowering beliefs by simply asking ourselves a better question!

Each section includes some examples of empowering questions. Try them on; *how do they feel?* Choose one that feels good and make it a mantra. Use it for at least 20 seconds or more if desired. Use it whenever you’re called to. Then let yourself answer and keep building new evidence, until you feel an uplifting shift in your energy. Then let it go. *Let your mind work on your behalf!*

★**TIP**: To change a habit or produce a different result, ask a different question, *one that supports the outcome you really want!* When you ask yourself empowering questions, you'll get powerful, fun and fabulous results!

ESTABLISH A FUN AND POWERFUL PRACTICE

Affirmations work best when you use them in an open and playful way. In fact, the more fun you can have with your mantras or affirmations, and the better they make you feel, *the faster you'll expand your concept of what's possible.* Which means, the faster you'll see your desired experiences materialize! When you believe it, you see it!

You'll also get the best results possible, if you establish a daily fun, and powerful practice. I recommend using these affirmations as bookends, as powerful ways to begin and end each day.

Here's a simple practice to get you started

1. **When you have a desire that hasn't yet come to fruition,** read through one of the related areas in this guide. Choose one or two affirmations as described in the appropriate section.

2. **Once you've chosen your affirmation(s), use them.** For example, write them down on a piece of paper or on a notecard. In the morning, take a few moments to recall what you are creating. Use your affirmation(s) for two to three minutes, *focusing on how you feel.* If it helps, you may want to close your eyes to envision your desire already done. What does it look like and feel like? **The key — you want to feel or see an expansion in what you believe is possible.** You are building a bridge from where you are, to positive expectancy. Keep building until you feel lighter, more

hopeful, more confident, joyful or an up-leveling of what you feel or think is possible. Then let it go. Smile and enjoy your day!

3. In the evening or before going to bed, take out your card and use it again in the same way you did in the morning.

And if you feel guided to do so, use your uplifting affirmation throughout the day, or if you feel yourself drifting into disempowering territory.

There are many things you can do to enhance this practice. Many people benefit immensely from powerful journaling practices, uplifting music, adding movement or guided meditations, for example. If you're new to affirmative practices, or have been using affirmations for many years, let this be a beautiful, fun-filled journey! Do it to create a more open, adventurous and satisfying way to experience life.

As you cultivate this practice with awareness and consistency, you will be amazed at what becomes possible for you.

The affirmations that follow are divided into 5 sections:

- > General Wellbeing and Confidence Building

- > Cultivating Ideas and Creativity

- > Opening Up to Greater Levels of Prosperity

- > Health and Fitness

- > Playful Productivity

★ **TIP: Practice Like a Master**

I've long been an advocate for using mindful practices. We're surrounded by other people's thoughts and opinions. Unless we give ourselves permission to focus *in a way that nurtures our desired life experiences*, we will be influenced by what surrounds us, good or bad. We'll end up creating what matters to others. To create like a master, give yourself the space and support needed to focus on *what truly matters to you*. This is what it means to be Self-realized! If you're not already on my subscriber list, be sure to [Sign Up](#) for more soul-nourishing tips!

Of course there are many other areas, but after many years of teaching and coaching, I've found that this is a good place to start. As you read through each section, you may find affirmations you can use in other areas too. Simply refine the affirmation to match your heartfelt dream or desire.



~ GENERAL WELLBEING AND CONFIDENCE BUILDING

These affirmations or mantras are designed to expand your sense of wellbeing. This section contains uplifting affirmations to start your day, or before affirming with more specificity. Use these anytime to feel good, to build confidence and trust in your abilities, and to nurture positive expectations that allow you to grow and expand *with ease and grace!* If you find one you like, but notice an “I'm not quite there yet” energy around it, choose a different mantra, or preface it with “I am *willing* to believe” or “I love or like the idea of...”. You can also try one of the empowering questions in this section. Expand your concept of what's possible ... and watch the magic happen!



AFFIRMATIONS: YOUR MANTRAS FOR WELLBEING AND CONFIDENCE

Acknowledge your awesomeness on a regular basis with *wow, I did that, and that, and that... wow, I did that!*

All is well! It's okay; things are getting better.

Everything is always working out for me.

I am a masterful creator! It's so fun and easy to _____!

I am amazing and I am claiming it now!

I am clear and happy. And so I thrive!

I am the source of my own approval! I have faith in my abilities, and confidently express my gifts!

I am willing to believe it's possible! *And so it is!*

I believe in my heartfelt dreams and desires. They call me forth to who I truly am! *And I am an amazing creator!*

I believe in myself and my abilities.

I can feel God's/Great Spirit's/The Universe's/My Guides/Angel's love for me.

I choose to live a fun and purposeful life!

I commit to loving myself and my life. I am absolutely worth it!

I easily remember, and playfully apply the good I've learned.

I feed whatever I focus upon, and so I choose to focus on being a person of contribution and positive expansion. *I make a difference!*

I feel God's/Great Spirit's/The Divine's/My Angel's/Guide's presence now and throughout the day supporting me, loving me, nourishing me, and guiding me. I feel this powerful support more and more with each passing day.

I love and appreciate *all of myself ... and all of my life.*

I love the feeling of confidence. It's expanding for me each and every day.

I trust in awesome, I trust in good.

I've got this!

It just works. Things are always working out for me!

Life is amazing, and I get to be here!

Oh yes, I can!

EMPOWERING/AFFIRMATIVE QUESTIONS FOR GENERAL WELLBEING AND CONFIDENCE

How can I expand my sense of purpose and joy in this area?

What is an empowering way to look at this?

What do I really want to create here? Where will I direct my attention?

Why is it so amazing to be me?

Why is it so fun and easy to be confident?

★**TIP: Truth and Stories.** What are often defined as truths, are actually personal opinions. We add meaning in response to life events, and also inherit perspectives from others. In order to create well, you must remember, who you truly are — the one creating! It is done unto you, as you believe!



~ CULTIVATING IDEAS AND CREATIVITY

These affirmations are designed to help you expand your creativity and attune you to powerful ideas. When you want to create something new, you must be willing to expand your concept of



what is possible. This means bringing in new ideas, and cultivating bigger, brighter beliefs, *so you can have what you want*. For example, when one has a money or a relationship problem, it's not the money, nor is it the other person that's creating the unwanted condition. We tend to look to external causes, but that's not where we will find the solutions, or the freedom we seek. *It's always an idea problem. It's the seeds we plant that determine what grows!* The solution is found when we transcend the unwanted expectations, in favor of ideas that support *what we really want to expand in our experience*.

So as you read through these affirmations, **see what speaks to you**. *Which one will help you expand your ability to receive better, brighter ideas or be confidently creative?*

If you find one you like, but notice an “I'm not quite there yet” energy around it, choose a different mantra, or preface it with “I am willing to believe” or “I love or like the idea of...”. You can also try one of the empowering questions in this section. Feel your way into your dream or desire, until you feel an uplifting shift in your energy. Then go a minute longer — to anchor your new way of seeing yourself or your life. **As always, build your bridge to better feeling beliefs.**

AFFIRMATIONS: YOUR MANTRAS FOR CULTIVATING IDEAS AND CREATIVITY

I allow perfect ideas to flow into my life now. I get them and feel inspired to act upon them.

I am a powerful creator; I get to choose what I experience!

I am immersed in a loving, powerful, all-knowing intelligence. So, I have access to whatever I need!

I am inspired. I receive and I know.

I am joyfully receptive!

I am willing to believe that it's possible!

I ask and always receive the perfect idea, and the best solutions.

I am willing to cultivate my creativity. I am willing to see it grow.

I love the feeling of a good idea. I love and appreciate the experience of it evolving and coming into fruition.

I write, create or produce and they love it! I offer it and they come!

It's so fun and easy to joyously receive!

Yes, this is it! *I've got it!*

EMPOWERING/AFFIRMATIVE QUESTIONS FOR CULTIVATING IDEAS AND CREATIVITY

How many excellent ideas can I discover and enjoy about _____?

Why is it so easy to choose?

Why is it so fun and easy to be creative?

Why is it so natural to feel beauty and ease?

And so it is!

 **TIP: Playful Choices, Awesome Life!** At any moment you can choose hard or easy, playful or serious, light or heavy. At any moment you can say, "I am now choosing ease. I am now choosing to have fun!" Life isn't meant to be a series of chores, and "have-tos". This is enlightenment ... *you get to choose!*

Create a powerful definition of play for your life and then embrace it!



~ OPENING UP TO GREATER LEVELS OF PROSPERITY

These affirmations or mantras are designed to expand your concept of what's possible in the area of growing your wealth or prosperity experience. Like all things, we can only see our desires come into fruition, when we are *willing to believe* that they we can have or experience them. You are building a bridge from *where you are* to *what you want to have, create or experience next*. Like any area of desired expansion, this can be a powerful and fulfilling journey for you.

Read through the list and see which one is calling you. If you find one you like, but notice an “I’m not quite there yet” energy around it, choose a different mantra, or preface it with “I am willing to believe” or “I love or like the idea of...”. You can also try one of the empowering questions in this section and/or add it to the end of your chosen affirmation for an added lift! Feel your way into your desire, and watch what becomes possible!

AFFIRMATIONS: YOUR MANTRAS FOR GREATER LEVELS OF PROSPERITY

I am a magnet of magnificence!

I am clear and happy. And so I thrive! Yay!

I am joyously receptive!

I am willing to believe it's possible!



I appreciate what I already have, as I happily anticipate what's in the process of becoming.

I have more than enough. I always have plenty.

I invoke my belief in abundance. I see it everywhere I look. I now allow it to flow with greater ease and quantities into my experience.

I know what I want and I allow myself to have it!

I love and appreciate and and ... and I love and appreciate ... and ...

I think about all of the friendships, love, gifts and money I've received over my entire lifetime. I can see now that I am truly wealthy. I am already prosperous!

I thrive doing what I love and I love what I do!

I thrive! I am a natural born "thrivers"!

I see more of the good, and more of what's working. And so ... *I receive more of that!*

I write, create, or produce and they love it! I offer it, and they come! Sweet!

It's fun and easy to prosper. It's fun and natural to thrive!

Money flows to me easily and effortlessly.

When I commit to prosperity, I commit to the natural order of things. I experience harmony and joy and I thrive.

When I focus on wealth, I get more wealth!

When I trust in my awesomeness, I thrive.

EMPOWERING/AFFIRMATIVE QUESTIONS FOR GREATER LEVELS OF PROSPERITY

Am I willing to believe in the truth, existence and reliability of my desires *before they show up in physical form*? This is how it's done!

Am I willing to believe that I can have it?

What would I like to expand in my experience? Why is it so easy to have that?

Why is the best yet to come?

Why is it so fun and easy to thrive?



Often when someone chooses to becoming healthier, more fit, or lose weight — the tendency is to think from the vantage point of loss. The automatic assumption is that you have to give something up that you really like! *Can you relate to this too?* But consider this — if the underlying assumption is that you to have to lose something *you really like*, in order to have something else, *will you want to stay with it?* It's a set up for failure. The other way struggle is created is by committing to a new habit, because we think it's something we *should* do. **Neither approach, coming from loss or a “should” will help you create what you really want to experience.** If you want to embrace a new way of being— in a light and joyful way — you must be willing to see that you can have it, *in a way that makes you feel good!* This is possible! Creating from a powerful platform allows you to have what you *truly* want.

Be open to what could unfold for you, as you look through the list. See what is calling you and be willing to suspend the idea that what you want is really hard to attain. See if you can turn a “should” into a genuine “want to”.

If you find an affirmation you like, but notice an “I’m not there yet” energy around it, choose a different mantra, or preface it with “I am willing to believe” or “I love or like the idea of...”. You can also try one of the empowering questions in this section and/or add it to the end of your chosen affirmation. Feel your way into your desire, and watch what becomes possible!

★ **TIP:** **I Claim My Awesomeness!** I am extraordinary! I am absolutely amazing! I am so lucky; I get to be me! This declaration is already having a potent impact on how you experience your life. Because the opinion about you that really matters — is yours! If you can't see that you're *already* extraordinary, you can't experience the True You, no matter what someone else tells you. Your light is awaiting your recognition!

Affirm: “I am extraordinary! I am absolutely amazing! I am so lucky; I get to be me!”
And so you are!

AFFIRMATIONS: YOUR MANTRAS FOR HEALTH AND FITNESS

I allow wellbeing to quickly and gracefully expand in my experience.

I am allowing perfect health to expand for me each and every day. I love how it feels to be _____.

I am happier every day, and healthier in every way!

I can believe something better. I can allow empowering ideas and their material expressions to expand in my daily experience. *I can do that now!*

I am naturally happy, healthy and thin. I'm now letting my body gracefully adapt to these beautiful new truths. I now see myself as naturally happy, healthy and thin. *And so it is!*

I do not let the past, the present or someone else's opinion determine what I can experience. Instead, I claim perfect health for myself, right here and now. I commit to feeling good, I commit to believing in myself, and I commit to my innate wellbeing. And it is so!

I expect vitality and that is what I receive. I expect ease and that is what I get!

I love and appreciate my body *as it is*. And my wellbeing, my vitality and joy expand with each passing day!

I love how it feels to move and strengthen my body. I delight in all of my senses and strengths.

I love how my body perfectly metabolizes food to maintain my ideal weight/size of _____.

I love my healthy body, and appreciate these aspects of my beautiful physical form ...

I perfectly assimilate, circulate and eliminate. It's all done in divine perfection!

It's so fun to be fit, it's so easy to feel healthy.

I was born with a divine blueprint for excellent health. My body knows what to do to restore harmony and perfection now.

My body is a beautiful temple; I love and respect it right here and now.

EMPOWERING/AFFIRMATIVE QUESTIONS FOR HEALTH AND FITNESS

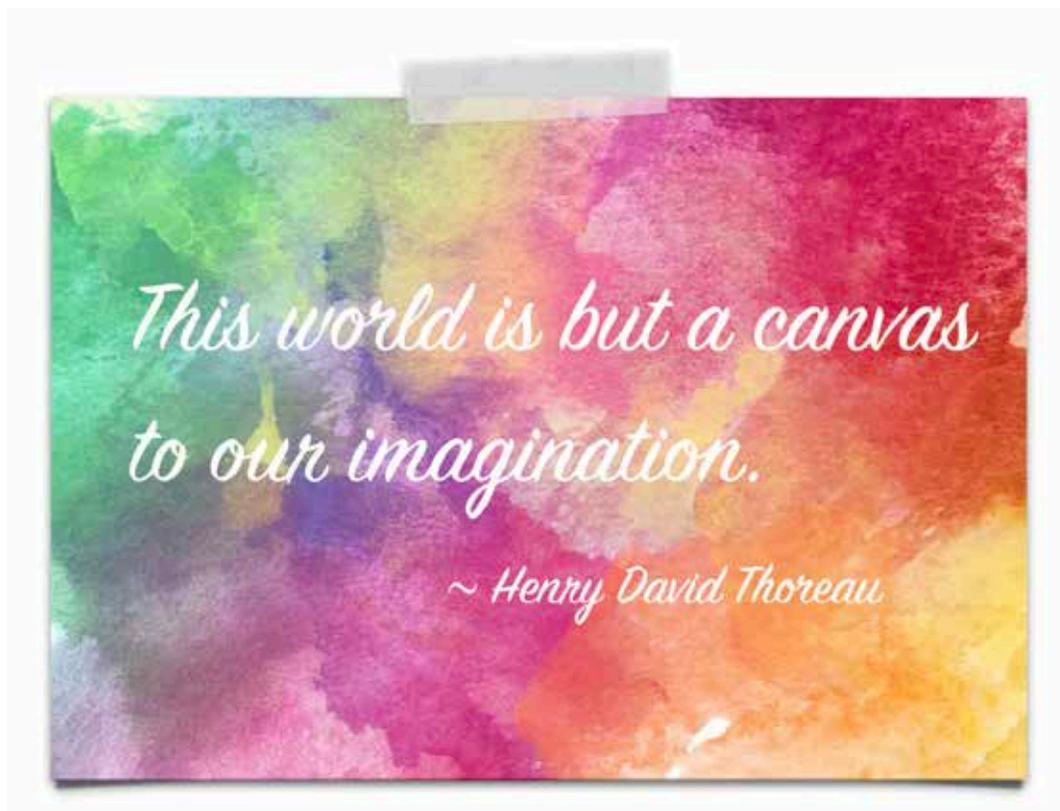
Do I really want this? If so, how can I let this be fun and easy? If I don't want it, what do I really want? Am I willing to believe that I can have that?

How can this be fun and easy?

What do I really want to believe about _____? And so it is!

What I love and appreciate naturally becomes stronger. So, what do I love and appreciate about my body ... my health ... my awesome life?

Why is it so fun and easy to thrive ... to be thin ... happy ... and healthy?





~ PLAYFUL PRODUCTIVITY



We live in a culture that cultivates the idea that our worth is determined by how much we accomplish. This can create an insatiable need to prove oneself, and the feeling *that no matter what we do, it's never enough*. Have you ever felt that way? I've been there too, and am so glad to be free from that burdensome vantage point! Are you ready for playful productivity? Well, take a deep breath and smile. You're opening the door to a more rewarding way to "do life"!

True productivity, that is — bringing something into existence — doesn't come from proving yourself, and it doesn't come from *doing more*. Rather, it comes through the power of your beliefs. Are you cultivating confidence in the truth, existence, or reliability of your desire, without physical proof that you're right in doing so? Are you believing in your ability to have what you want, regardless of other people's opinions, or how much you do? *This is how it's done!*

Your power to be and have, in a joyful and fulfilling way, comes from what you're believing. If you come from *already being awesome*, and expecting it to *be fun and easy*, you'll experience that. From playful productivity, you leverage the tremendous power of joy and ease. You allow positive expectations to support you, instead of struggling "to make it happen". *No amount of doing* can compensate for a disempowering vantage point.

Your greatest leverage resides in what you are willing to believe is possible!

If you can't see the connection between some of these affirmations and playful productivity at first glance, ask yourself — *how would this vantage point enrich my life experience?* If you find an affirmation you like, but notice an "I'm not there yet" energy around it, choose a different mantra, or preface it with "I am willing to believe" or "I love or like the idea of...". You can also try one of the empowering questions in this section and/or add it to the end of your chosen affirmation. Feel your way into your desired experience, and watch what becomes possible!

AFFIRMATIONS: YOUR MANTRAS FOR PLAYFUL PRODUCTIVITY

I allow myself to be supported. I can see Life/God/Great Spirit/My Angels or Guides working on my behalf.

I am a person of positive influence!

I am a spiritual being with empowering perspectives.

I am now choosing to be playfully productive.

I am present, and aware as I go about my day. I pause and become more productive. I listen, and receive powerful inner guidance.

I am so creative and productive!

I am so happy and effective in all that I am and do!

I attract perfect resources and events to assist me.

I can do it, and it can be efficient ... fun ... entertaining ... even magical!

I easily remember what's needed. I lovingly apply the best of what I've learned.

I joyfully do what I can, and trust in God/Great Spirit/The Universe/ My Angels or Guides to handle the rest.

I love what I do and I do what I love.

I make great choices and create beautiful life experiences.

I start and finish strong!

I write, create or produce and they love it! I offer it and they come! Sweet!

If I am willing to believe it can be fun and easy. *And so it can be!*

EMPOWERING/AFFIRMATIVE QUESTIONS FOR PLAYFUL PRODUCTIVITY

Am I willing to declare it's done?

Am I willing to be proud of what I've already created and contributed?

How can I let this be easy and fun?

What am I telling myself about this project/desire/experience? Do I really want to create that? I can always think of something better! I get to choose!

What does playful productivity look like? What does it feel like for me? Am I willing to embrace that?

What is the deeper contribution behind this action? What imprint or intentions do I want to put into my work?

Why is it so simple to make powerful choices? Why is it so easy to have fun?

And so it is!



~ WHAT'S NEXT?



You can master the art of cultivating empowering beliefs and in doing so, create what you really want to experience in any area of your life, in your health, relationships, prosperity, creativity and playful productivity ... you name it! I use these principles in my own life and have helped thousands of people lovingly create, what they once thought was impossible. I've seen people heal what they once believed, or were told was incurable. I've seen people move from the boredom of an autopilot existence to whimsy and wonderment, from frustration to freedom, and from feeling trapped by jobs they did not like to ... living with purpose, and thriving doing what they truly love.

It is possible, when you're willing to believe that it is!

Keep an eye on your inbox for more soul-nourishing tips in the days ahead. And if someone forwarded this to you, be sure to go to www.ElariOnawa.com/subscribe so you get the additional resources and tools that will be coming in the days ahead. I'm looking forward to connecting with you again!

Much Love,

Elari

Elari Onawa

Life Purpose & Self-Empowerment Program Leader & Coach

Author of Just Believe: How Faith in Yourself Shifts Everything

P.S. Want more training or support? Visit www.ElariOnawa.com or [Contact Me](#)

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