



MASTER YOUR LIFE

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POWERFUL

AFFIRMATIONS
FOR HEALTH PRACTITIONERS

SATORIHEALTH.CA

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ABOUT

MINDFULNESS COACHING + HEALTH CONSULTING

I'm Lynn Chenier. Mindfulness Coach + Health Consultant. Energetic Healer + Meditation Instructor. I believe that people have the ability to shift their mindsets into a place of greater clarity, personal significance, balance and joy. But it requires the right tools & strategies! I'm here to help you do that!

WHO DO WE SERVE?

At Satori, we serve the busy health professional, and help them shift out of that burnt-out and tired feeling to a high vibe and mindful clinician. We focus on getting you to slow down and take care of yourself, and learn to be in the moment with awareness. Through teaching you the neuroscience of change, you're able to shift the course of your life to be healthier and personally accountable to yourself.

OUR METHOD

By also applying a Strategic Intervention methodology (taught by Tony Robbins & Cloe Madanes), to an evidenced-based behavioural health model, Satori Health & Wellness Coaching is one-stop shopping for managing high levels of stress in healthier ways, so you can better connect with your "self" and the loves in your life. Our methodology teaches you to really understand yourself, your needs and directly apply the mindfulness principles that are presented through all our programs.

WHAT IS AN AFFIRMATION?



THE POWER OF AFFIRMATIONS

Affirmations are phrases you repeat to yourself to provoke a certain feeling within. Their purpose is to make positive and permanent changes in your life.

You can do that by using affirmations daily, and on a whim!

They're a tool I used daily change some physical imbalances I was struggling with after my car accident. Basically, an affirmation is a short phrase that states the change you want to make in yourself.

The idea is to do the same phrase over & over even if you don't believe it.

Repeat the statements, & you will see an instant change in your focus!!! And a change in your belief system too.

Napoleon Hill, *Think & Grow Rich*, 1937.

NAPOLEAN HILL SAYS

your subconscious mind recognizes and
“acts upon **ONLY** thoughts which have
been well-mixed with emotion or
feeling.

As you go through this guidebook, take a few deep breaths and try to feel the feelings of the affirmations.

If you can't do that, just repeat them and try to allow yourself to experience the mindset that you want to feel. It's quite nurturing, and you deserve all that good stuff so have fun with it!

Follow the steps on the next page!

STAGES OF CHANGE

IT'S DOABLE TO MANIFEST, BUT REQUIRES CERTAIN STEPS.

STAGE 1: STATE YOUR PURPOSE

What do you want to achieve? Set the intention.

STAGE 2: DESTINATION

Choose the area of your life/condition you want to change. Health, Relationships, Employment, Money, Happiness are but a few.

STAGE 3: RESPONSE

Once you read the affirmations, pay attention to the feelings in your body. They may evoke a neutral reaction, positive or negative. If it's negative, pay attention to that area a bit more. Ex, if you read “**my body is balanced and healthy**”, yet your reaction is “not exactly, I'm tired and in pain all the time”, it is a good indication that you need to say this affirmation ALOT. Just go with it, and eventually your subconscious mind will be programmed to feel that way.

STAGE 4: REPETITION.

Read over the ones you're sensitive to and create the life you deserve. You'll notice positive changes in as quickly as the first week of daily repetition. If you can put some imagination, emotion, and feeling into this practice. Just have fun!!

STAGE 5: NEW OPPORTUNITIES.

Create some affirmations yourself, and share your new vitality and joy with others. You're a source of light that others rely-upon. Go ahead and finish this sentence, “from this moment on”

STICK WITH THE STATEMENTS
until they feels positive!

Affirmations For Health Practitioners

READ THE FOLLOWING AFFIRMATIONS TO ENHANCE YOUR RELATIONSHIPS

I am never too quick to judge or make judgments.

I am always prepared to listen.

I communicate with ease.

I negotiate what I believe is right for everyone.

I enjoy my relationships and contribute to their richness.

I am a patient.

I am a strong person and people respect me for it.

I am a great motivator.

Affirmations For Happiness

READ THE FOLLOWING AFFIRMATIONS TO ENHANCE YOUR STATE OF
HAPPINESS

I have total happiness at my disposal.

I am compassionate and patient in all I do.

I have fun with everything I do.

I enjoy using my talents + energy.

I experience great pleasure as I live in the moment.

I relax and let go. My future is safe.

I am positive + decisive with client interactions.

I get the help I need, when I need it, from various sources.

I have a loving support system.

Affirmations For Health

READ THE FOLLOWING AFFIRMATIONS TO ENHANCE YOUR HEALTH &
WELLBEING TO CREATE BETTER CHOICES FOR YOUR HEALTH

I have a healthy body.

I feel happy to be healthy + strong.

I eat wholesome foods + drink plenty of water everyday.

I wake up feeling strong, healthy and with purpose...even after a night
shift.

I feel balanced and whole.

I enjoy the closeness of my partner.

Affirmations For Wealth

READ THE FOLLOWING AFFIRMATIONS TO IMPROVE YOUR FINANCES

I attract all that I need to bring forth my success.

Money flows to me on a consistent basis from surprising sources.

My income increases whether I am working, sleeping, or playing.

I feel comfortable and relaxed with my money.

I use money for the good of everyone.

I was born to share in the riches and wealth of life. This is my birthright.

I attract money constantly and effortlessly.

The Universe wants to give me everything I desire

CONGRATULATIONS

I am so proud of you for making the commitment to keep reading. Showing people like you how to grow their lives with something as simple as affirmations is an honour.

In my own life, I am often setting different intentions. I then work with affirmations that evoke a negative response (Yes, the negative first), until I get to neutral. This is a way to train and re-train my subconscious mind.

Do the exercise below to create a breakthrough for yourself. My favourite affirmation is "money comes to me everyday". From the time I started doing this affirmation, I was seeing money come to me EVERY DAY. It was through a discount item, or 2 of the same products got rung up at the cash differently (one less expensive, miraculously!). One day, I won a \$500 camera, from attending a webinar, and a few days later, I had a flat tire and got a 50% discount on the tire due to tread warranty. And I continue to receive EVERY DAY as a result of using this affirmation.



Exercise Instructions:

Grab your journal or notebook. Put pen to paper or finger to keyboard. Take a few deep breaths & allow yourself to create & activate what you desire the most

ol.// Decide what you want to change, or what you desire.

Healthy body? More money? Improved relationship? Fix it in your mind.

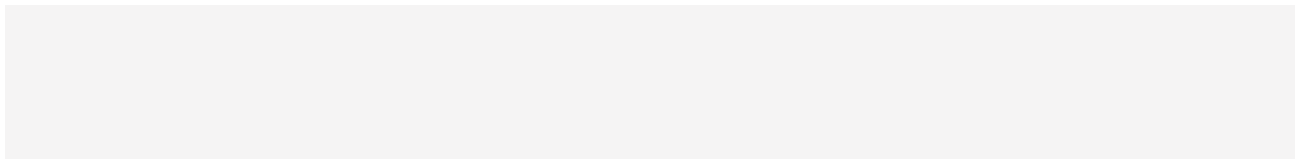
Establish a date for when you expect it.

By _____, I will have, or I will experience _____

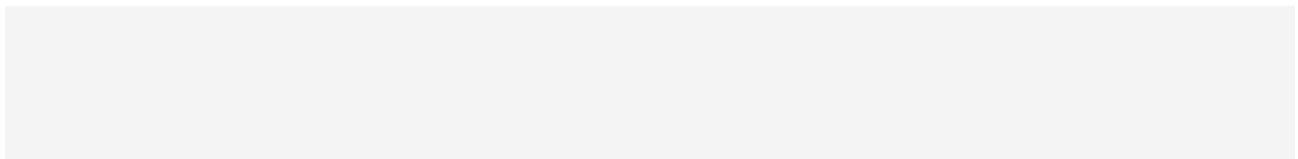
What's your motivation behind the desire? List the reasons and try to be real with yourself. This will give you so much clarity and self-awareness.

02.// Go back to each affirmation group. Write down 2 from each group that evoke a positive to neutral response. Speak them out loud and assess the feeling that affirmation gives you.

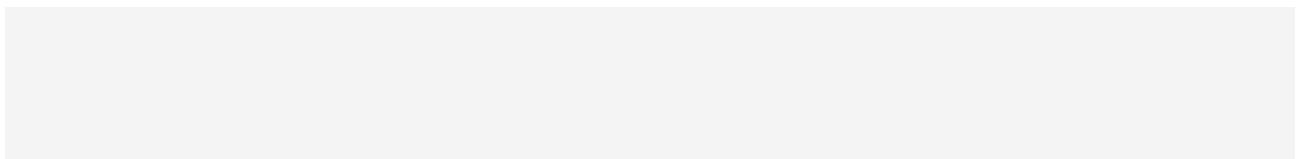
Affirmations for Health Practitioners:



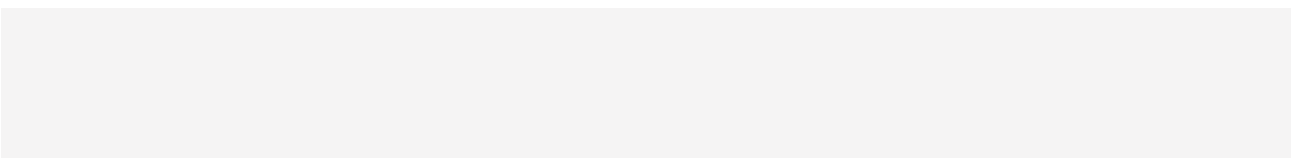
Affirmations for Happiness:



Affirmations for Health:



Affirmations for Wealth:



DON'T MOVE AHEAD UNTIL YOU'VE EXPLORED EACH OF THESE AFFIRMATIONS & THE EMOTIONS THEY EVOKE WITHIN.

o3.// Next, I want you to write down 2 from each group that evoke a negative response. Speak them out loud again to assess the gut feeling.

Affirmations for Health Practitioners:

Affirmations for Happiness:

Affirmations for Health:

Affirmations for Wealth:

4.// Watch your burning desires come to life as you work and re-work these affirmations.



Was this helpful?

IF YOU'RE INTERESTED IN GETTING MORE FROM WHERE THIS CAME FROM, TUNE-IN TO THE "SATORI RADIO" WHERE I OFFER TOOLS + STRATEGIES TO HELP YOU SHIFT YOUR MINDSET WHEN YOU NEED IT THE MOST.

IF YOU'D LIKE TO JOIN THE PRO-MIND COMMUNITY, AND FIND OUT ABOUT OUR NEXT LAUNCH, JOIN OUR COMMUNITY!

I AM HEALTHY & STRONG