

3 Magic Phrases

Guaranteed to Raise Your Energy



TheJoyWithin.org



3 Magic Phrases Guaranteed to Raise Your Energy, Right Now

Instructions: Complete each phrase with a topic, idea, or inspiration that feels good to you.
Watch the video for a complete explanation of how these phrases work, and how to pick the affirmations that will be most powerful for you.



Magic Phrase #1: Thank you for helping me...

Thank you for helping me _____.

- Thank you for helping me to appreciate the simple joys that already surround me.
- Thank you for helping me to think more clearly about my aims.
- Thank you for helping me to let go of negative thoughts and habits.

Magic Phrase #2: Thank you for expanding me...

Thank you for expanding me _____.

- Thank you for expanding the joy, peace, and love I feel every day.
- Thank you for expanding my awareness of All That I Am.
- Thank you for expanding my ability to manifest everything I choose.

Magic Phrase #3: Thank you for inspiring me...

Thank you for inspiring me _____.

- Thank you for inspiring me to live an exciting, fulfilling, and passionate life.
- Thank you for inspiring me to focus on work I love.
- Thank you for inspiring me to help others to become more joyful.