

Read the following out loud all day all night

With fervor, passion

See yourself as described by each sentence...

*A Gift for You , Be Well ... Doreen Whitelock*  
Visit my Blog at : [www.MyChoiceLife.com](http://www.MyChoiceLife.com)

"I Am Whole,  
I Am Perfect,  
I Am Strong,  
I Am Powerful,  
I Am Loving,  
I Am Harmonious,  
I Am Happy And  
I Am Healthy."

Master Key Studies at [www.BlogTalkRadio.com/DoreenWhitelock](http://www.BlogTalkRadio.com/DoreenWhitelock)