



## **Miracle Morning Soul Talk: Morning Love Session**

**Loving what is starts with loving you. In today's Miracle Morning with me, you learned the art of Soul Talk.**

**Now it's time for you to create your own.**

Step 1: Get your phone and open the voice memo section.

Step 2: Hit Record

Step 3: Tell yourself everything you love about yourself, your body and your life.

**The key to this being powerful for you:**

- Have high vibe energy
- Speak into your dreams and desires having already happened for you.
- Speak from your future self that has the money, body, love, career that you want.
- Use exaggerated language
- Be in the joy and love of you

Make all your statements "I am or I have"

Ex: "I am so grateful and excited that I now have..."