



The Daily Completion Habit

This practice is a radical act of self-love, self-respect and self-empowerment!

You can considerably reduce stress to your nervous system, your inner child, and clear perceived guilt or “shoulda/coulda” thinking from your subconscious mind, by including this fast, easy and profoundly powerful habit into your nightly ritual before going to sleep! **Seriously, just do this!**

Simply make the following statement out loud if you can, in a voice of power and sincerity. Make the statement three times for your body, mind and Spirit! This can lower your blood pressure, help you sleep, and deeply benefit your physical health and mental health. **Give it a try!**



I call this day and all of its events COMPLETE!

I claim all my creations to be GOOD! I am good enough!

Everything I did and all that I am is good enough.

I am worthy of Love, Peace, Belonging and JOY!

I am grateful for all the gifts of this wonderful day!

I declare this day COMPLETE!

Now close your eyes, take a gentle breath and give yourself a hug!

I can't believe what a difference this tool has made in my life!

Thank you, JJ, for helping me to live in much greater peace.

It seems too simple to be so powerful but WOW, this thing really works!

— SK, Administrative Assistant