



Stronger

Do you ever feel weak and underdeveloped and out of shape? Being strong and healthy isn't just about looking the part, it's about living the part. No matter who you are, there is always room for improvement, and this file is here to help you make the necessary changes in your life to become the best version of yourself that you can possibly be!

Listen to this recording every day in order to develop the healthy lifestyle that you need in order to grow stronger and more chiseled and lean. Learn to take charge of your own life and grow uncomfortable and worried and anxious if you haven't worked out or improved your body or your physique in some way. Fantasize about being able to solve all of your problems once you are bigger and stronger and use this motivation to transform yourself into the person that you have always craved and desired to be.

Become stronger today and give yourself the gift of remaking your body into the chiseled, attractive god or goddess you were always meant to be.

- ✧ Feeling happy and comfortable and relaxed whenever I am working out.
- ✧ Feeling happy and satisfied and accomplished whenever I am making healthy food choices.
- ✧ Smiling as I imagine myself becoming stronger and more physically fit and stronger and dominant.
- ✧ Craving the feeling of being strong and powerful and dominant.
- ✧ Fantasizing about how much happier and more satisfied I will be once I have remade my body into the chiseled, attractive person that I was always meant to be.
- ✧ Remembering that I have always been unhappy with my body whenever I have skipped working out in the past.
- ✧ Feeling happy and proud and confident whenever I am complimented on how strong I am.
- ✧ Eating healthy foods and exercising every day in order to maintain my body and create the me that I have always desired.
- ✧ Becoming uncomfortable and anxious and upset whenever I am not working out.
- ✧ Remembering that I need to work out every day in order to maintain my perfect body.
- ✧ Researching workout routines and diet plans in order to become the best version of myself that I can possibly be.
- ✧ Feeling happy and excited and enthusiastic whenever I am working out.



- ✧ Remembering that it is my responsibility and duty to take care of myself and my body and make myself stronger each and every day.
- ✧ Anticipating how happy and delighted and excited I will be once I am stronger and more fit and healthy in my life.
- ✧ Feeling excited and motivated and inspired whenever I see an attractive person with a great body.
- ✧ Feeling excited and passionate and energized whenever I set a new goal for myself and work towards achieving it.
- ✧ Remembering that I am happier and more confident and satisfied with my life whenever I am working out.
- ✧ Working out whenever I feel bored or stressed or anxious.
- ✧ Becoming uncomfortable and worried and anxious if I have not worked out in a day.
- ✧ Craving the feeling of being strong and powerful and in control of my own life.
- ✧ Fantasizing about my future chiseled and toned and attractive body.
- ✧ Thinking about how confident and happy and comfortable I am with my life whenever I am eating healthy and working out every day.
- ✧ Remembering that I have always preferred to exercise over anything else that I could possibly do with my time.
- ✧ Only satisfied with my life once I am working out every day.
- ✧ Feeling uncomfortable and anxious and worried if I have not worked out or improved my body in some way.
- ✧ Fantasizing about taking all the time that I need to work out and sculpt my body into the perfect form that I have always desired.
- ✧ Feeling excited and satisfied and proud whenever I decide to work out.
- ✧ Intuitively knowing that I am working out and improving my body so that I can become successful and strong and make lots of money and be the person that I have always craved and desired to be.
- ✧ Remembering that having a strong and muscular body will help me make better decisions in my life and increase my confidence.
- ✧ Knowing that I need to work out in order to prevent myself from feeling anxious and worried and stressed in my life.
- ✧ Fantasizing about becoming the person that I have always craved and desired to be by working out and becoming stronger every day.
- ✧ Feeling sad and anxious and unhappy whenever I am overweight.
- ✧ Remembering that I am the only person who can take control of my life and make myself into the strong and fit and healthy person that I have always desired to be.



- ❖ Feeling happy and satisfied and accomplished whenever I see myself becoming bigger and stronger and sexier in the mirror.
- ❖ Knowing that being in shape and strong and healthy are important parts of my life that I will be better off in my future the more that I focus on becoming the strongest version of myself that I possibly can.
- ❖ Fantasizing about having a strong and muscular and lean body.
- ❖ Craving the feeling of muscles growing and getting stronger and bigger.
- ❖ Becoming turned on and aroused whenever I see myself in the mirror and discover how much stronger and sexier and more desirable I am becoming.
- ❖ Feeling bored and uninterested and anxious whenever I am not working out or making myself stronger in some way.
- ❖ Craving the feeling of being strong and powerful and dominant.
- ❖ Replacing unhealthy, fattening foods with healthier, leaner choices.
- ❖ Imagining myself being big and strong and lean whenever I hear the word, workout.
- ❖ Becoming happy and satisfied and fulfilled whenever I am working hard to transform my body into the strongest, most dominant version of myself that I can possibly become.
- ❖ Thinking about how working out will help me to achieve all of the goals and desires and dreams that I have in my life whenever I hear the word, workout.
- ❖ Craving the feeling of my muscles growing and getting stronger whenever I hear the word, workout.
- ❖ Feeling happy and pleasure and pride whenever I am complimented on my physique.
- ❖ Imagining myself as the strong and powerful and dominant person that I have always craved and desired to be whenever I hear the word, workout.
- ❖ Preferring to spend my free time working out in order to grow bigger and stronger and more attractive in all of the ways that I have always desired.
- ❖ Knowing that working out releases the endorphins that I crave and need in order to be happy and satisfied and fulfilled in my ideal life.
- ❖ Feeling unhappy and uncomfortable and anxious whenever I am not at the gym or working out in some way.
- ❖ Intuitively knowing that working out will help me solve all of my problems and relieve all of my stresses in life.
- ❖ Feeling afraid and anxious and worried if I am not working out or improving my body in some way whenever I hear the word, workout.
- ❖ Craving to lift heavier and heavier weights whenever I hear the word, workout.
- ❖ Feeling happy and satisfied and accomplished whenever I look in the mirror and see a lean and strong and chiseled body.



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- ✧ Thinking about how much I need to visit the gym and work on myself and become stronger whenever I hear the word, workout.
 - ✧ Thinking about how much stronger and more dominant and happy I will be in my future every time that I hear the word, workout.
 - ✧ Imagining how happy I will be once I have lifted enough weights to become the strongest and most sexy and dominant version of myself that I can possibly become.
 - ✧ Craving to visit the gym whenever I hear the word, workout.
 - ✧ Fantasizing about how much stronger and happier and more successful I can become whenever I hear the word, workout.
 - ✧ Developing a healthy desire to work out and make myself stronger and more desirable and dominant each and every day.