

# Everything Works in My Favor

Classic Subliminal · Affirmation Companion

Resilience, trust and a favorable outlook on outcomes.

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## How to use this list

Read this list slowly once a day — morning or evening — while your subliminal audio plays in the background on loop. Say the lines that resonate out loud, in first person, at a relaxed pace.

Consistency matters far more than intensity: a few focused minutes daily is enough. Never listen while driving or doing anything that requires your full attention.

## Your affirmations

- 01     Things tend to work out for me.
  - 02     I adapt quickly when plans change.
  - 03     I look for the opportunity inside every setback.
  - 04     I trust my ability to figure things out.
  - 05     Delays often lead me somewhere better.
  - 06     I stay calm under pressure.
  - 07     I release the need to control every detail.
  - 08     I move forward with confidence.
  - 09     I am supported by the choices I make.
  - 10     I focus on what is within my control.
  - 11     I learn from what does not go my way.
  - 12     I am resilient and steady.
  - 13     Good outcomes are available to me.
  - 14     I am not behind; I am on my own timeline.
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| 15 | I keep going, and it pays off. |
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| 16 | I notice how often things go right. |
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| 17 | I make decisions I can stand behind. |
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| 18 | I am building momentum. |
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| 19 | My effort compounds over time. |
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| 20 | I expect favorable outcomes. |
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### **Important**

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