

# Physical Life Purpose Vows

## Limiting Physical Life Purpose Vows:

- I vow to never be stuck and powerless, like my dad
- I will always take what is mine; I deserve it
- Where I am is never the right place
- I am a low energy person; I just can't do it
- Power of the fittest is the most important law to live by
- I vow to never show my raw power; it is dangerous
- I have no idea what I am doing or why I am here
- My best instinct is to fight
- My only instinct is to run
- Will never trust my instinctual or sexual impulses
- I am unimportant in the big scheme of things
- I don't know why I was given this body; I hate it!
- I am too emotional, not tall enough, not smart enough, not strong enough to live my life purpose
- I am stuck in my life and powerless
- Power is power over others
- I am gifted and better than others
- I have no gifts that I could call my life purpose
- I vow to never trust my instincts or my gut; they are always getting me in trouble
- I vow to never fight for my place in the world; it's not worth it
- I vow to never back down, even if it means conflict; the other person will be worse off than me
- I should be able to do things that I can't
- I vow to resist and do battle with life more than accept it
- I vow to live and let die
- I vow not to care who gets hurt



- I vow to always be a survivor
- I am a victim of my life circumstances, so I don't care about anyone else, just me
- I vow to never take a stand
- I vow to always get even
- I vow to hide my imperfections
- I am afraid of life
- I have too much energy; it hurts me and others

### **Freedom Statements to Release the Limiting Physical Life Purpose Vows:**

- I trust all my instincts and chakras; my gut feelings always tell me who I am and what to do
- I act with power and authority
- I am full of chi energy
- The source of my physical and emotional power is infinite
- My power is more than my personal will
- My life purpose is like a giant sequoia tree; it wakes me up every time I run into it
- I am unmovable in my integrity to be me and be present for all of my life
- I create my life effortlessly and powerfully
- My body and actions are in alignment with universal truth
- I love that life is a wrestling match and I get to pin it and win occasionally
- Life flows through me effortlessly; it has a power and structure stronger than diamonds, but flows like water
- My body, feelings, emotions, intelligence, and connection to God are perfect in every moment to live my life purpose to its fullest
- I bend with the wind, but never break
- I am a child of mother earth and I am as solid and loving as my mother to all her children
- I have the exact right amount of voltage to magnetize my perfect life to me
- I never worry about creating my future; I am creating now that which will become my future