



30 Days With Louise Hay

*Personal
Development
Challenge*

Mostly  Woman



Mostly *mu* Woman

**Every
thought we
think is
creating our
future**

- Louise Hay -

**You've been
criticizing
yourself for
years and it
hasn't worked.
Try approving
of yourself and
see what
happens**

- Louise Hay -

**No person,
place, or thing
has any
power over
me, for I am
the only
thinker in my
mind**

- Louise Hay -

**Self-approval
and self-
acceptance in
the now are
the main keys
to positive
changes in
every area of
our lives**

- Louise Hay -

**Be willing to
take the first
step, no matter
how small it is.
Concentrate on
the fact that
you are willing
to learn.
Absolute
miracles will
happen**

- Louise Hay -

**We may not
know how to
forgive, and we
many not want
to forgive; but
the very fact we
say we are
willing to
forgive begins
the healing
practice**

- Louise Hay -

**If you accept
a limiting
belief, then it
will become
a truth for
you**

- Louise Hay -



**Love is the greatest
healing power I
know. Love can
heal even the
deepest and most
painful memories
because love
brings the light of
understanding to
the darkest corners
of our hearts and
minds**

- Louise Hay -

**As I say
YES to life,
life says
YES to me**

- Louise Hay -

**I am in the
right place,
at the right
time, doing
the right
thing**

- Louise Hay -

**I do not fix
problems. I fix
my thinking.
Then
problems fix
themselves**

- Louise Hay -

**I have noticed
that the
Universe loves
Gratitude. The
more Grateful
you are, the
more goodies
you get**

- Louise Hay -

**I am willing to
release the
need to be
unworthy. I am
worthy of the
very best in
life, and I now
lovingly allow
myself to
accept it**

- Louise Hay -

**You are the
only person
who thinks in
your mind!
You are the
power and
authority in
your world**

- Louise Hay -

**I will not be
distracted by
noise, chatter, or
setbacks.
Patience,
commitment,
grace, and
purpose will
guide me**

- Louise Hay -

**The thoughts
we choose to
think are the
tools we use
to paint the
canvas of our
lives**

- Louise Hay -

**When we
create peace
and harmony
and balance
in our minds,
we will find it
in our lives**

- Louise Hay -

**Forgiveness is
for yourself
because it
frees you. It
lets you out of
that prison
you put
yourself in**

- Louise Hay -

**Remember, in
the vast
infinity of
life, all is
perfect,
whole, and
complete...
and so are
you**

- Louise Hay -

**We learn our
belief systems as
very little
children, and then
we move through
life creating
experiences to
match our beliefs.
Look back in your
own life and notice
how often you
have gone through
the same
experience**

- Louise Hay -

The past has no power over us. It doesn't matter how long we have had a negative pattern. The point of power is in the present moment. What a wonderful thing to realize! We can begin to be free in this moment!

- Louise Hay -

**If I want to be
accepted as I
am, then I
need to be
willing to
accept others
as they are**

- Louise Hay -

Mostly  Woman

**Every
Experience
is a Success**

- Louise Hay -

**Think thoughts
that make you
happy. Do things
that make you feel
good. Be with
people who make
you feel good. Eat
things that make
your body feel
good. Go at a pace
that makes you
feel good**

- Louise Hay -

**How you start
your day is
how you live
your day.
How you live
your day is
how you live
your life**

- Louise Hay -

**I find that
when we
really love and
accept and
approve of
ourselves
exactly as we
are, then
everything in
life works**

- Louise Hay -



Mostly *mu* Woman

**Love is
never
outside
ourselves;
love is
within us**

- Louise Hay -

**The past is
over and done
and cannot be
changed. This
is the only
moment we
can
experience**

- Louise Hay -

**Learn from
the past and
let it go.
Live in
today**

- Louise Hay -

Would you really dig into yesterday's garbage to make tonight's meal? Do you dig into old mental garbage to create tomorrow's experiences? If a thought or belief does not serve you, let it go

- Louise Hay -