

<i>Low vibration word</i>	<i>Replacement</i>
Care “less”	Care “more.”
I don’t deserve	I deserve (to be happy and prosperous)
Whatever!	An attitude of caring enough to decide what you want.

The replacements we suggest move you toward acceptance.

Words that reflect anxiety include:

<i>Low vibration word</i>	<i>Replacement:</i>
I’m afraid	I’m safe, I’m always safe.
I’m procrastinating	I’m achieving, I’m accomplishing
Should	I am, I intend, I choose
Have no time	Have more than enough time
Can’t	Can, will
Need	Choose
Difficult	Easy
More difficult	Easier
Worrying about	I can understand (don’t worry with others!)
Agonizing over	I trust that
I’m distracted by	I’m placing attention on

The replacements put you in the range of optimism or higher.

Words that reflect anger or frustration include:

<i>Low vibration word:</i>	<i>Replacement:</i>
I don’t want	I want, I intend, I choose
I won’t, I can’t	I choose
I am not	I am