

*I am balanced and centered.
This allows positive energy
to flow freely through
my entire being.*

A monk in a red robe is seen from behind, sitting on a rustic wooden bench. He is looking out over a vast landscape of rolling green hills and a range of majestic, snow-capped mountains under a clear blue sky with a few wispy clouds. The scene is peaceful and contemplative.

Fully focus

Exquisite Flow

**I'm feeling
my best
and
performing
my best**




Exquisite flow by Kim Serafini
www.positiveprime.com

A full-page background image of a surfer riding a massive, curling blue wave. The surfer is positioned near the base of the wave's face, riding a yellow surfboard. The wave is a vibrant turquoise color and is curling over, creating a tunnel-like structure. The sky is a clear, bright blue. The overall scene is dynamic and powerful, symbolizing focus and flow.

Clear away distractions

Exquisite Flow by Kim Serafini

The image features a dark blue horizontal band across the center, overlaid with white text. The background is a light blue sky filled with numerous US dollar bills of various denominations, including \$100, \$50, and \$20 bills, appearing to fall from the top. The text is written in a white, cursive, handwritten-style font.

Every time you focus on something
you want, it flows into your life,
with Infinite Abundance

Exquisite flow by Kim Serajini
www.positiveprime.com



*I increase the flow
of love in my life*

*Creativity flows
through me with
abundance*


Exquisite Flow



I have a
feeling of
energized
focus




Exquisite flow by Kim Serafini
www.positiveprime.com

A full-page photograph of a surfer riding a massive, curling blue wave. The surfer is positioned near the base of the wave's face, appearing small against the scale of the water. The wave is a vibrant turquoise color, with white foam and spray at the top. The sky is a clear, bright blue.

My sense of self vanishes

Exquisite Flow by Kim Serafini

A background of falling US dollar bills against a blue sky. The bills are scattered throughout the frame, appearing to be in motion as if falling from above. The central text is overlaid on a dark blue horizontal band.

Inspirational ideas
just flow to my mind naturally

Exquisite flow by Kim Serafini
www.positiveprime.com

*I am acutely aware and
open to the wonderful new
information and opportunities
that flow to me minute
by minute*

*I am in a
peak state of
consciousness*


Exquisite Flow



**Choose
an
important
task**



Exquisite flow by Kim Serafini
www.positiveprime.com

A full-page photograph of a surfer riding a massive, curling blue wave. The surfer is positioned near the base of the wave's face, riding a yellow surfboard. The wave is a vibrant turquoise color and is curling over, creating a tunnel-like structure. The sky is a clear, bright blue. The overall mood is energetic and powerful.

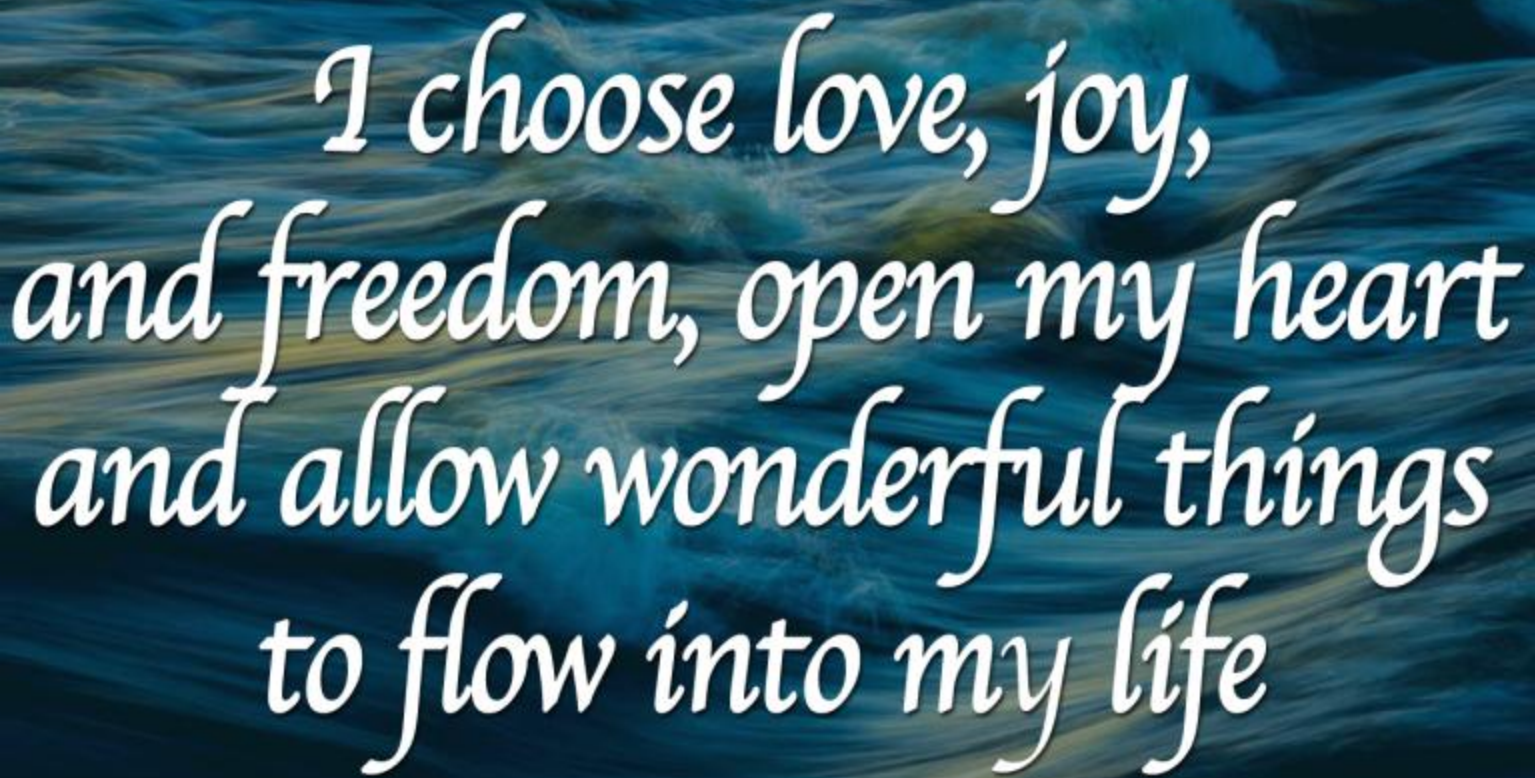
I am
positive
energy!!!

Exquisite Flow by Kim Serafini

The image features a dark blue horizontal band across the center, overlaid with white text. The background is a light blue sky filled with numerous US dollar bills of various denominations, including \$100, \$20, and \$10 bills, falling from the top. The bills are scattered and appear to be in motion, creating a sense of abundance and flow.

Learn to focus on the task
for as long as possible

Exquisite flow by Kim Serafini
www.positiveprime.com



*I choose love, joy,
and freedom, open my heart
and allow wonderful things
to flow into my life*



*I relax and let go -
I go with the flow*

Exquisite Flow

**Prime
yourself
for the
task ahead**




Exquisite flow by Kim Serafini
www.positiveprime.com

A full-page photograph of a surfer riding a massive, curling blue wave. The surfer is positioned near the base of the wave's face, riding a yellow surfboard. The wave is a vibrant turquoise color and is curling over, creating a tunnel-like structure. The sky is a clear, bright blue. The overall scene is dynamic and powerful, capturing a moment of high action in nature.

Start before
you're ready

Exquisite Flow by Kim Serafini

The image features a dark blue background with a dense, chaotic pattern of falling US dollar bills. The bills are shown in various orientations and stages of descent, creating a sense of motion and abundance. The central text is written in a white, cursive font, which contrasts with the busy background.

I am attuned to my higher
purpose and my life reflects
this refinement

Exquisite flow by Kim Sangin
www.positiveprime.com

*My life flows effortlessly
as doors of opportunity
open to me in
every aspect of my life*

*The possibilities of
the universe are
flowing to me*

Exquisite Flow



**A little
caffeine
could
be useful**



Exquisite flow by Kim Serafini
www.positiveprime.com

A full-page photograph of a surfer riding a massive, curling blue wave. The surfer is positioned near the base of the wave's face, riding a yellow surfboard. The wave is a vibrant turquoise color and is curling over, creating a tunnel-like structure. The sky is a clear, bright blue. The overall scene is dynamic and captures the power of the ocean.

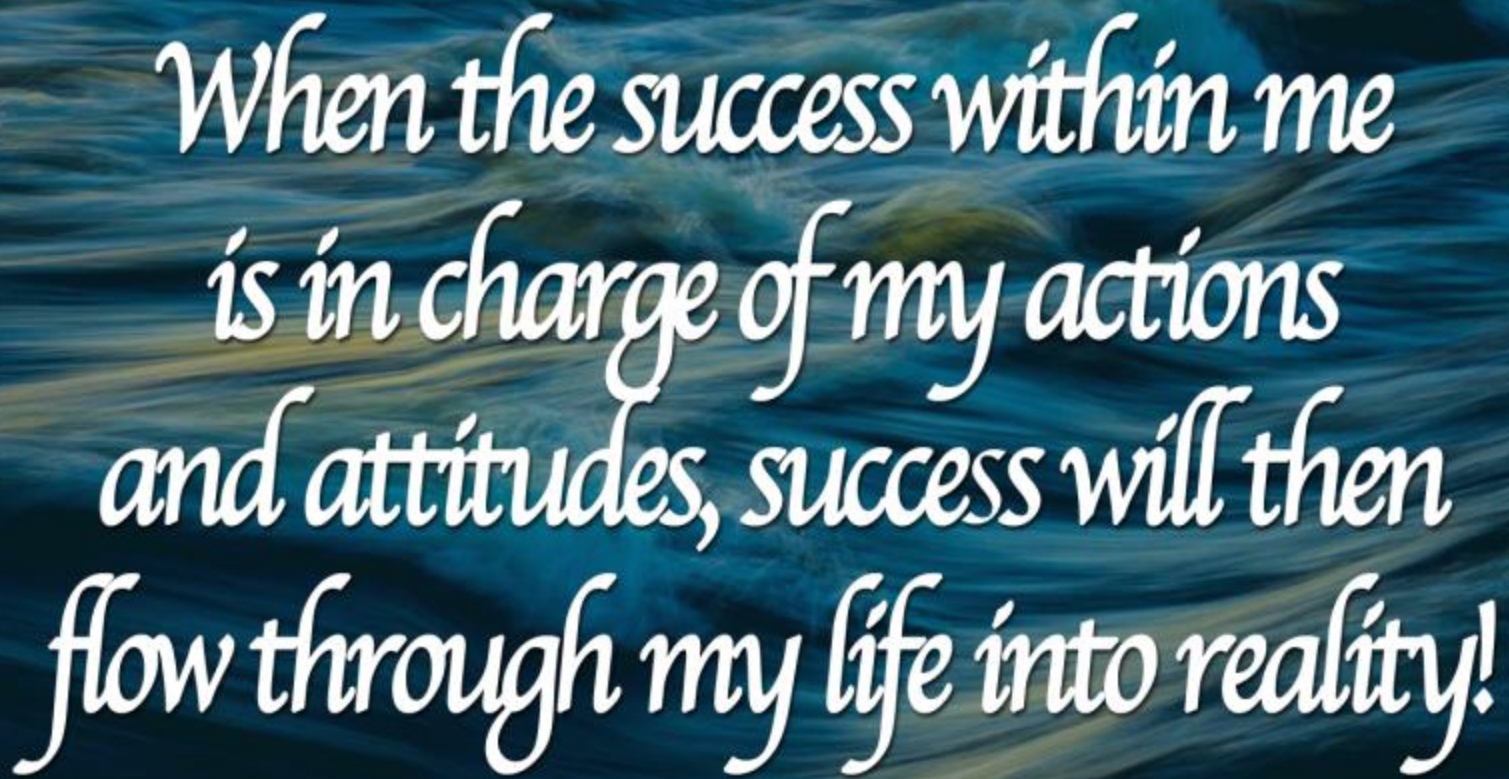
I feel my best
and
I do my best

Exquisite Flow by Kim Serafini

The image features a dark blue horizontal band across the center, serving as a background for the text. Above and below this band, numerous US dollar bills are shown falling from the top, creating a sense of abundance and flow. The bills are in various orientations and stages of descent, with some clearly showing the portrait of Benjamin Franklin on a \$100 bill. The overall composition is dynamic and visually rich, symbolizing the flow of money and, by extension, the flow of goodness mentioned in the text.

Please allow goodness
to flow into our lives

Exquisite flow by Kim Serafini
www.positiveprime.com



*When the success within me
is in charge of my actions
and attitudes, success will then
flow through my life into reality!*

A monk in a red robe is seen from behind, sitting on a rustic wooden bench. He is looking out over a vast landscape of rolling green hills and a majestic range of snow-capped mountains under a clear blue sky with a few wispy clouds. The scene is peaceful and contemplative.


*Set
clear goals*

Exquisite Flow

**Make
sure it's
challenging**



Exquisite flow by Kim Serafini
www.positiveprime.com

A full-page background image of a surfer riding a large, curling blue wave. The surfer is positioned near the base of the wave's face, riding a yellow surfboard. The wave is a vibrant turquoise color with white foam at the crest. The sky is a clear, bright blue.

I release struggle
and
flow with life

Exquisite Flow by Kim Serafini

The image features a dark blue horizontal band across the center, overlaid with white text. The background is a light blue sky filled with numerous US dollar bills of various denominations, including \$100, \$20, and \$10 bills, appearing to fall or fly through the air. The bills are scattered throughout the frame, creating a sense of motion and abundance.

Remind yourself that inspired
and applied work actually
feels good

Exquisite flow by Kim Serafini
www.positiveprime.com

*I relax into the flow
of life and let life provide
all that I need easily
and comfortably*

*I can flow
with
conversation*

Exquisite Flow



**Find
your quiet,
peak time**



Exquisite flow by Kim Serafini
www.positiveprime.com

A full-page photograph of a surfer riding a massive, curling blue wave. The surfer is positioned near the base of the wave's face, riding a yellow surfboard. The wave is a vibrant turquoise color and is curling over, creating a tunnel-like structure. The sky is a clear, bright blue. The overall scene is dynamic and powerful, capturing a moment of high-performance surfing.

Peace flows
through me

Exquisite Flow by Kim Serafini

The background of the image is a bright blue sky filled with numerous US dollar bills falling from the top. The bills are shown in various orientations and stages of descent, creating a sense of motion and abundance. The bills are primarily one hundred dollar bills, with some smaller denominations visible. The overall effect is one of wealth and opportunity.

I'm able to stretch my
abilities to meet the challenge

Exquisite flow by Kim Serafini
www.positiveprime.com

My life is flowing forward.

*I am a new person born
today of the lessons of yesterday,
and all is fresh and clean*

*Abundance
flows to me
copiously*

Exquisite Flow



**Choose
the work
that
you love**



Exquisite flow by Kim Serafini
www.positiveprime.com

A full-page photograph of a surfer riding a massive, curling blue wave. The surfer is positioned near the base of the wave's face, riding a yellow surfboard. The wave is a vibrant turquoise color and is curling over, creating a tunnel-like structure. The sky is a clear, bright blue. The overall scene is dynamic and powerful, capturing the essence of surfing.

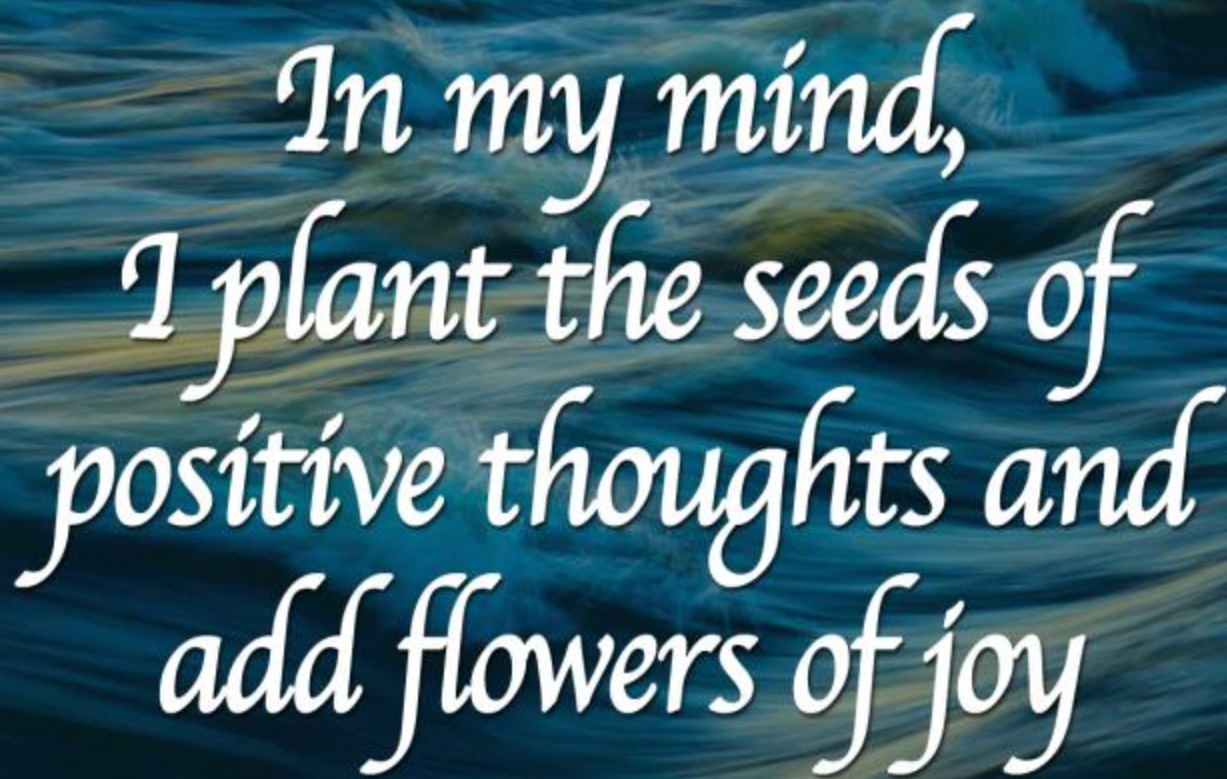
I am flexible
and
flowing

Exquisite Flow by Kim Serafini

A background of falling US dollar bills against a blue sky. The bills are scattered throughout the frame, appearing to be in motion as if falling from above. The central text is overlaid on a dark blue horizontal band.

I go with the flow and my
life is easy and filled with joy

Exquisite flow by Kim Serafini
www.positiveprime.com



*In my mind,
I plant the seeds of
positive thoughts and
add flowers of joy*

*I'm in a state
of relaxed,
high performance*

Exquisite Flow



Anybody
can be
in
the zone




Exquisite flow by Kim Serafini
www.positiveprime.com

A high-angle photograph of a surfer riding a massive, curling blue wave. The surfer is positioned near the base of the wave's face, riding a yellow surfboard. The wave is a vibrant turquoise color and is curling over, creating a large tunnel-like structure. The sky is a clear, bright blue. The overall scene is dynamic and captures a moment of high-performance surfing.

|
nailed it

Exquisite Flow by Kim Serafini

The image features a dark blue horizontal band across the center, overlaid with white text. The background is a vibrant blue sky filled with numerous US dollar bills of various denominations, including \$100, \$20, and \$10 bills, appearing to fall from above. The bills are scattered and slightly blurred, creating a sense of motion and abundance.

Please increase the flow
of money & rich rewards
into my life

Exquisite flow by Kim Sarafin
www.positiveprime.com



*I open my heart and allow
wonderful things to flow
into my life*

*I release judgment
and
let my life flow*

Exquisite Flow



I enjoy
the process
of
activity




Exquisite flow by Kim Serafini
www.positiveprime.com

A large, vibrant blue wave is curling over, creating a tunnel-like structure. A surfer is riding the wave, positioned near the base of the curl. The water is a deep, clear blue, and the sky is a lighter blue with some white clouds. The overall scene is dynamic and powerful.

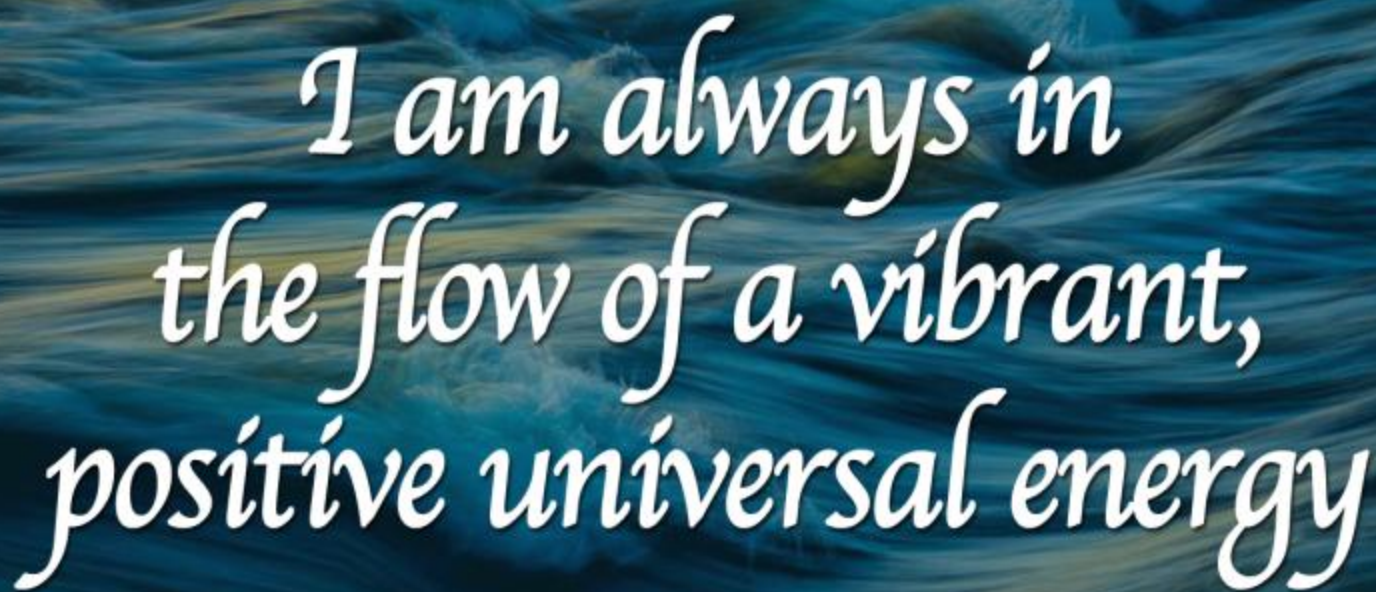
I let things
flow

Exquisite Flow by Kim Serafini

The background of the image is a clear blue sky filled with numerous US dollar bills falling from the top. The bills are shown in various orientations and stages of descent, creating a sense of movement and abundance. The bills are primarily one hundred dollar bills, with some smaller denominations visible. The overall effect is one of wealth and prosperity.

Please increase the flow of
amazing people with honest
intentions into my life

Exquisite flow by Kim Serafini
www.positiveprime.com



*I am always in
the flow of a vibrant,
positive universal energy*

*I pour my
overflowing joy
into others*


Exquisite Flow



I'm fully
involved
in the
moment




Exquisite flow by Kim Serafini
www.positiveprime.com

A full-page photograph of a surfer riding a massive, curling blue wave. The surfer is positioned near the base of the wave's face, riding a yellow surfboard. The wave is a vibrant turquoise color and is curling over, creating a tunnel-like structure. The sky is a clear, bright blue. The overall scene conveys a sense of power, movement, and harmony with nature.

I am in
the flow of
well-being

Exquisite Flow by Kim Serafini

The background of the image is a clear blue sky filled with numerous US dollar bills of various denominations, including \$100, \$20, and \$10 bills, falling from the top. The bills are scattered across the entire frame, creating a sense of abundance and flow.

I choose to be a magnet
for creative ideas.
Creative ideas flow to me.

Exquisite flow by Kim Sangjin
www.positiveprime.com



*Energy flows through me,
I am motivated and
productive today*

*Blessed,
profound creativity
flows through me
with ease*

Exquisite Flow



I get
better
and
better



Exquisite flow by Kim Serafini
www.positiveprime.com

A full-page photograph of a surfer riding a massive, curling blue wave. The surfer is positioned near the base of the wave's face, riding a yellow surfboard. The wave is a vibrant turquoise color and is curling over, creating a tunnel-like structure. The sky is a clear, bright blue. The overall scene is dynamic and captures a moment of high action in nature.

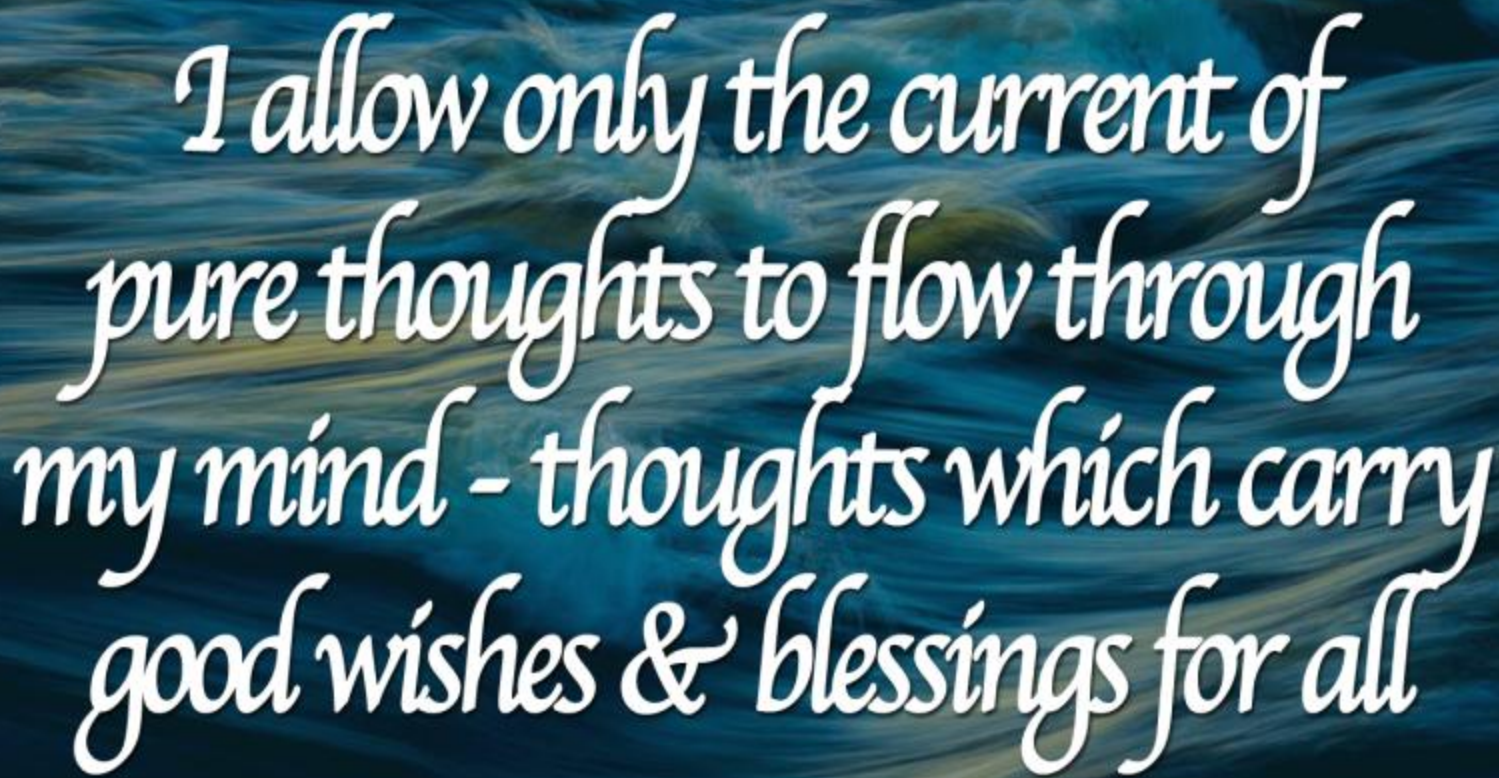
I extend
the limit

Exquisite Flow by Kim Serafini

The image features a dark blue horizontal band across the center, containing white text. The background is a light blue sky filled with numerous US dollar bills of various denominations, including \$100, \$50, and \$20 bills, falling from the top. The bills are scattered and appear to be in motion, creating a sense of abundance and flow.

I am a channel for
the prosperity that flows
throughout the Universe

Exquisite flow by Kim Serajini
www.positiveprime.com



*I allow only the current of
pure thoughts to flow through
my mind - thoughts which carry
good wishes & blessings for all*

*I allow the words to
flow through me
as I write*

Exquisite Flow



I have
the skills
necessary




Exquisite flow by Kim Serafini
www.positiveprime.com

A full-page photograph of a surfer riding a massive, curling blue wave. The surfer is positioned near the base of the wave's face, riding a yellow surfboard. The wave is a vibrant turquoise color and is curling over, creating a tunnel-like structure. The sky is a clear, bright blue. The overall scene is dynamic and captures a moment of high action in surfing.

I'm in
the zone

Exquisite Flow by Kim Serafini

A background image showing numerous US dollar bills of various denominations, including \$100 and \$20 bills, falling from the top against a clear blue sky. The bills are scattered and appear to be in motion, creating a sense of abundance and flow.

Please increase the flow
of awards, accolades &
recognition into my life

Exquisite flow by Kim Serafini
www.positiveprime.com

*I am one with the flow
and its infinite possibilities
for expressing who I am
through my art*

*Powerful energy
flows through me
at all times*

Exquisite Flow



**Immerse
yourself
in the
present**

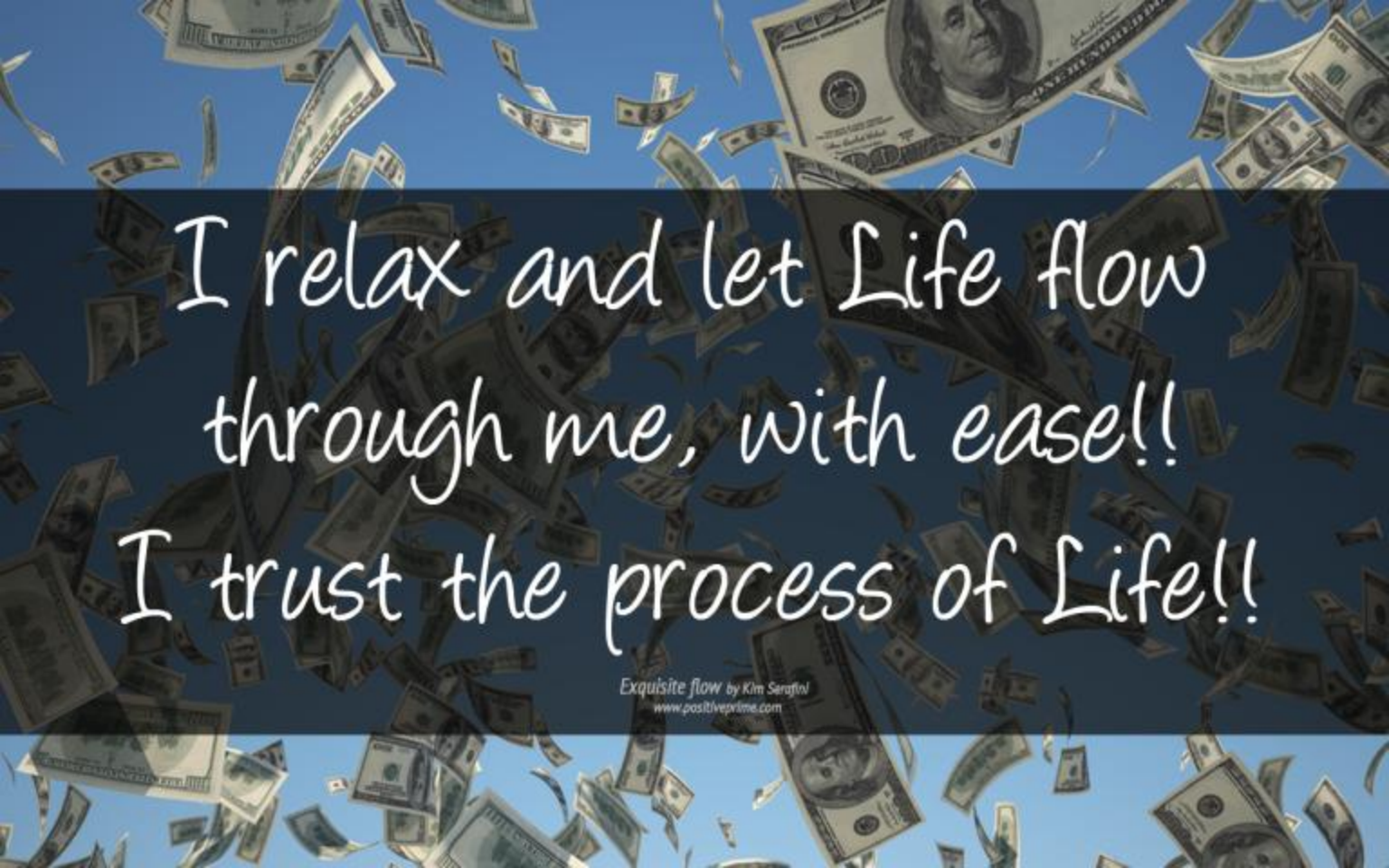


Exquisite flow by Kim Serafini
www.positiveprime.com

A full-page photograph of a surfer riding a massive, curling blue wave. The surfer is positioned near the base of the wave's face, riding a yellow surfboard. The wave is a vibrant turquoise color and is curling over, creating a tunnel-like structure. The sky is a clear, bright blue. The overall scene is dynamic and captures a moment of intense action in nature.

I'm totally
absorbed

Exquisite Flow by Kim Serafini

The background of the image is a clear blue sky filled with numerous US dollar bills of various denominations, including \$100, \$50, and \$20 bills, falling from the top. The bills are scattered across the entire frame, creating a sense of abundance and flow.

I relax and let Life flow
through me, with ease!!
I trust the process of Life!!

Exquisite flow by Kim Serafini
www.positiveprime.com



*I give myself permission
to fill my cup to overflowing*

*I am overflowing
with a deep sense
of peace*

Exquisite Flow



Enjoy
your
self



Exquisite flow by Kim Serafini
www.positiveprime.com

A full-page photograph of a surfer riding a massive, curling blue wave. The surfer is positioned near the base of the wave's face, riding a yellow surfboard. The wave is a vibrant turquoise color and is curling over, creating a tunnel-like structure. The sky is a clear, bright blue. The overall scene is dynamic and powerful.

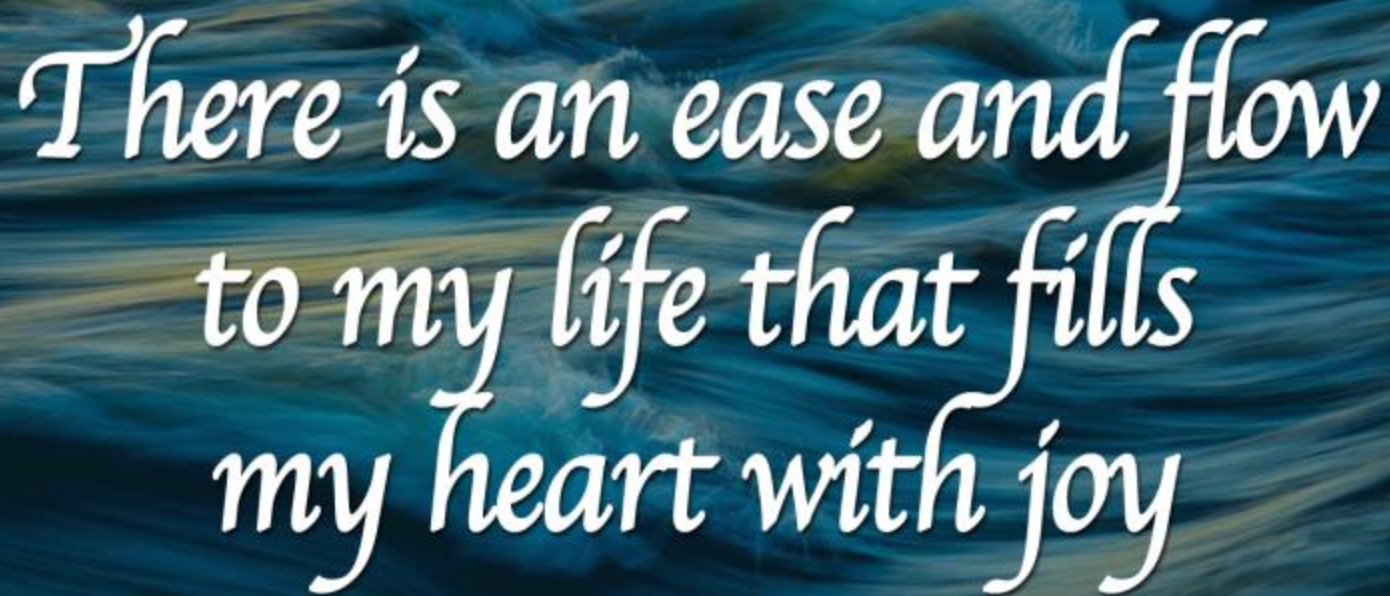
I am
aware

Exquisite Flow by Kim Serafini

The image features a dark blue horizontal band across the center, overlaid with white cursive text. The background is a light blue sky filled with numerous US dollar bills of various denominations, including \$100, \$20, and \$10 bills, appearing to fall or float. The text is centered within the dark band.

Please increase the amount of
fun & fulfilling synchronicity &
serendipity in my life

Exquisite flow by Kim Serafini
www.positiveprime.com



*There is an ease and flow
to my life that fills
my heart with joy*

*I am enjoying a
constant flow of
positive energy*

Exquisite Flow



**My brain
is
optimizing
every activity**



Exquisite flow by Kim Serafini
www.positiveprime.com

A full-page photograph of a surfer riding a massive, curling blue wave. The surfer is positioned near the base of the wave's face, riding a yellow surfboard. The wave is a vibrant turquoise color and is curling over, creating a tunnel-like structure. The sky is a clear, bright blue. The overall scene is dynamic and captures the power of the ocean.

I am staying
in the Flow

Exquisite Flow by Kim Serafini

The image features a dense stream of US dollar bills falling from the top against a clear blue sky. The bills are shown in various orientations and stages of descent, creating a sense of continuous flow. The central text is overlaid on a dark blue horizontal band.

I am beautiful, positive, happy
and thankful that all good
things flow to me

Exquisite flow by Kim Sangal
www.positiveprime.com

The background of the image is a close-up, slightly blurred view of a stream. The water is a deep, vibrant blue, with white foam and bubbles visible as it flows over rocks or through narrow channels. The overall effect is one of dynamic movement and natural beauty.

*I am flowing in the stream
of divine energy*

*I allow love
and acceptance
to flow freely
from myself*


Exquisite Flow



I
practice
my craft

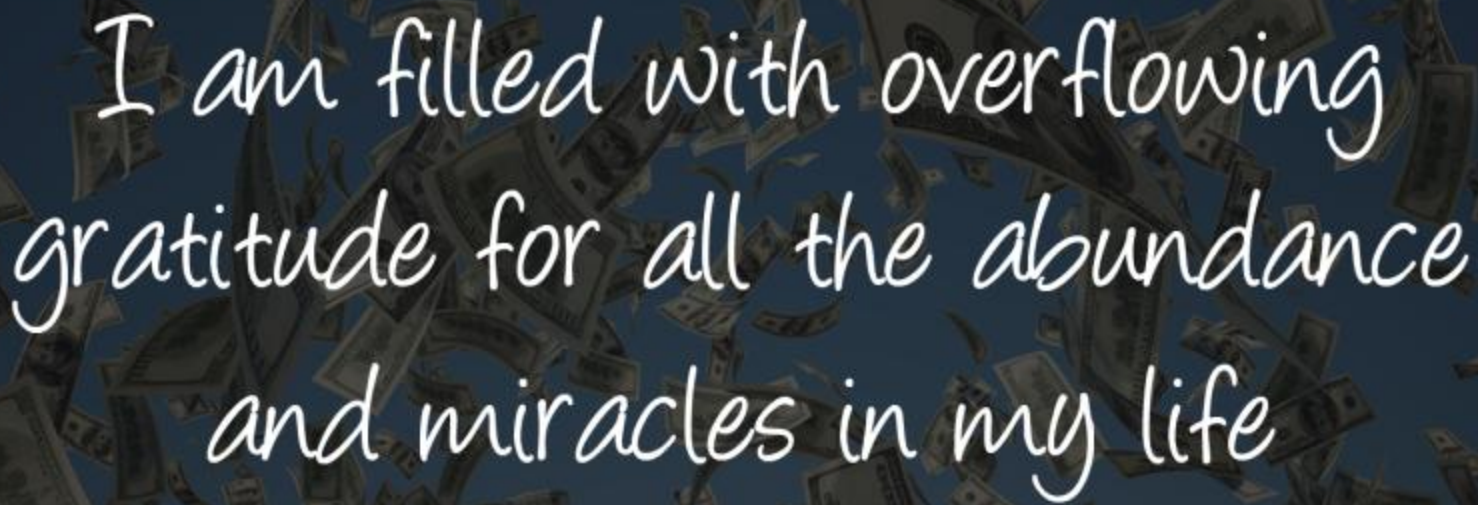


Exquisite flow by Kim Serafini
www.positiveprime.com

A full-page photograph of a surfer riding a massive, curling blue wave. The surfer is positioned near the base of the wave's face, riding a yellow surfboard. The wave is a vibrant turquoise color and is curling over, creating a tunnel-like structure. The sky is a clear, bright blue. The overall scene is dynamic and powerful, capturing the essence of surfing.

Divine ideas
are flowing
to me

Exquisite Flow by Kim Serafini

The background of the image is a bright blue sky filled with numerous US dollar bills falling from the top. The bills are shown in various orientations and stages of descent, creating a sense of abundance and movement. The central text is overlaid on a dark blue horizontal band.

I am filled with overflowing
gratitude for all the abundance
and miracles in my life

Exquisite flow by Kim Serafin
www.positiveprime.com



*Blessed,
profound creativity
flows through me with ease*

*I am flowing
in the stream
of
divine energy*

Exquisite Flow



**Keep
practicing**



Exquisite flow by Kim Serafini
www.positiveprime.com



A full-page photograph of a surfer riding a massive, curling blue wave. The surfer is positioned near the base of the wave's face, riding a yellow surfboard. The wave is a vibrant turquoise color and is curling over, creating a tunnel-like structure. The sky is a clear, bright blue. The overall mood is one of power and natural beauty.

I am pure,
flowing spirit

Exquisite Flow by Kim Serafini

The image features a dark blue horizontal band across the center, overlaid with white text. The background is a light blue sky filled with numerous US dollar bills of various denominations, including \$100, \$20, and \$10 bills, appearing to fall or fly through the air. The bills are scattered throughout the frame, creating a sense of abundance and movement.

I feel the perfect flow of a
superbly healthy and prosperous life

Exquisite flow by Kim Serafini
www.positiveprime.com



*Love surrounds me,
flows within me and
radiates out from me*

*Everything in my life
flows perfectly
and
with ease*

Exquisite Flow



I'm totally
absorbed
in what
I'm doing



Exquisite flow by Kim Serafini
www.positiveprime.com

A full-page background image of a surfer riding a massive, curling blue wave. The surfer is a small figure in the center, riding a yellow surfboard. The wave is a deep, vibrant blue with white foam at the crest. The sky is a clear, bright blue.

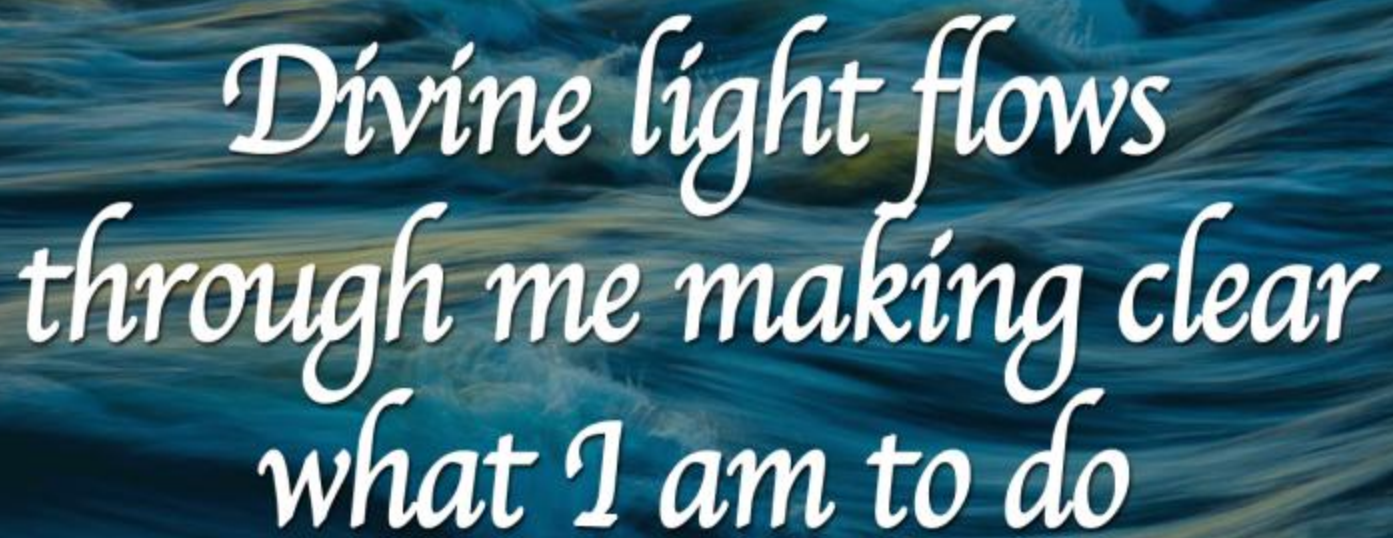
I achieve
breakthrough
consistently

Exquisite Flow by Kim Serafini

A background of falling US dollar bills against a blue sky. The bills are scattered throughout the frame, with some clearly visible in the foreground and others appearing as smaller specks in the distance. The overall effect is one of abundance and movement.

Every moment presents a
wonderful opportunity to
become more of who I am

Exquisite flow by Kim Sangjin
www.positiveprime.com



*Divine light flows
through me making clear
what I am to do*

*My unique
and creative
talents and abilities
flow through me*

Exquisite Flow



Repletion is
the language
of
the brain



Exquisite flow by Kim Serafini
www.positiveprime.com

A full-page photograph of a surfer riding a massive, curling blue wave. The surfer is positioned near the base of the wave's face, riding a yellow surfboard. The wave is a vibrant turquoise color and is curling over, creating a tunnel-like structure. The sky is a clear, bright blue. The overall scene is dynamic and powerful.

Be
well rested

Exquisite Flow by Kim Serafini

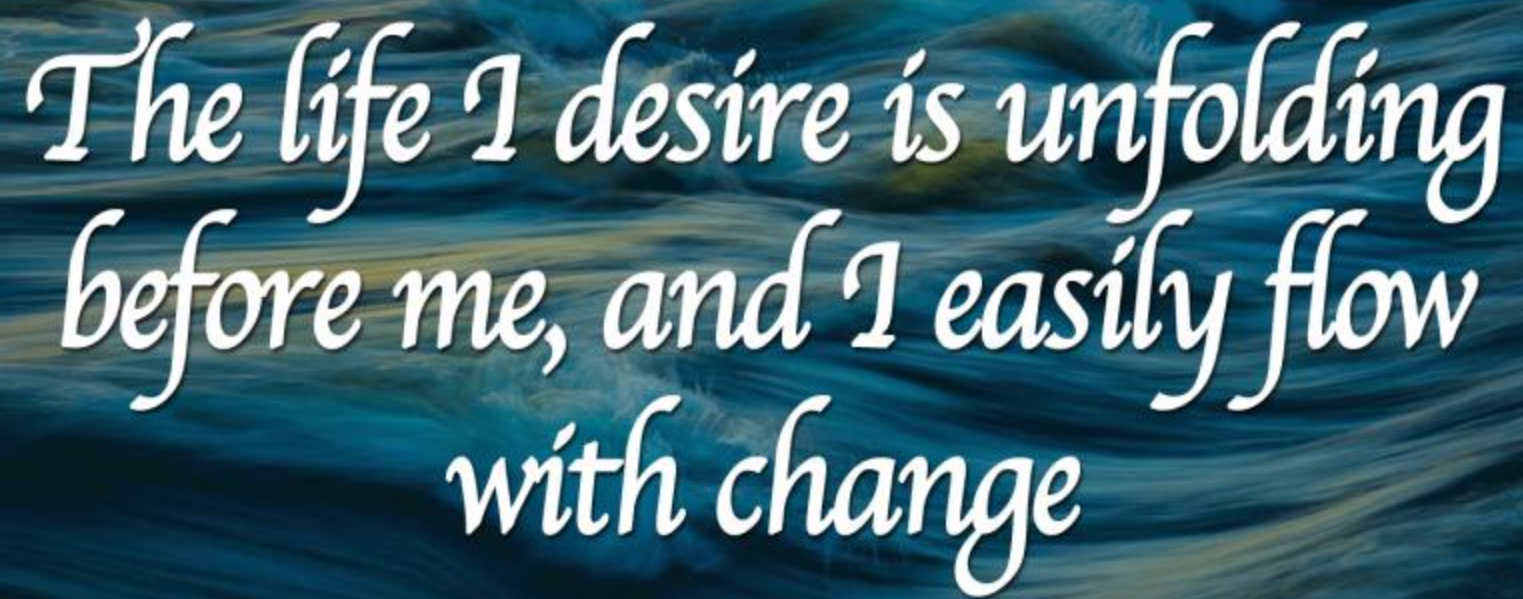
The background of the image is a bright blue sky filled with numerous US dollar bills of various denominations, including \$100, \$20, and \$10 bills, falling from the top. The bills are scattered across the entire frame, creating a sense of abundance and flow. A semi-transparent dark blue horizontal band is overlaid across the middle of the image, containing the text in white.

I choose love, joy, freedom.
I open my heart and allow
wonderful things to flow into my life

Exquisite flow by Kim Serajini
www.positiveprime.com



*I am creating new,
dynamic exciting designs
for my work*



*The life I desire is unfolding
before me, and I easily flow
with change*