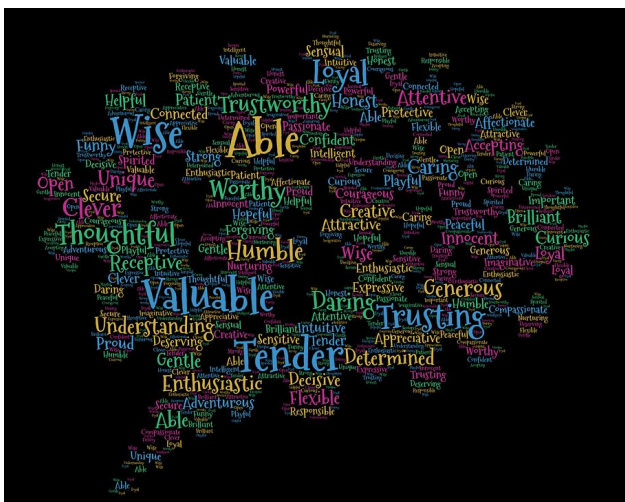




Affirmations

October 14, 2018



We can help!

Many of you have shared that you are listening to apps, videos, CD's or tapes to reinforce your practices. Insight Timer is a free app and has many choices for mindfulness awareness practices. One of the practices that you might find **helpful is titled Morning Meditation with Music**, by Jonathan Lehmann. You can also find it on the Internet by googling the author's name. Different from other breath awareness tapes, this one also has affirmations to get your day started on a positive note. The breath awareness exercise and the affirmations are about 10 minutes in length. The affirmations are:

- I make plans but I remain flexible and open to the surprises that life has in store for me. I try to say yes as often as possible.
- I cultivate patience and by doing so, I also cultivate self-confidence.
- I welcome the opportunity to step outside of my comfort zone; I do not let myself be guided by fear.
- I love myself unconditionally because it is essential to my happiness. I love the person that I am and I do not need other people's approval to love myself fully.
- I am going to drink water and eat fruits and vegetables, walk, take the stairs, exercise. Today, I'm giving love to my body.
- I give everywhere I go even if it's a smile, a compliment, my full attention. Listening is the best gift I can give to those around me.
- I try to be impeccable with my word. I speak only to spread positivity. It's counterproductive to my happiness to speak against myself or against other people.

Have a great week. We look forward to seeing you in our coaching sessions.
Arlene, Nancy and Jaimi