



## *I am BLESSED to be here*

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I love my life. I spend time with family and friends. My relationships are close and mutually supportive. I raise my children to be responsible and independent. We share fun activities and deep conversations. I feel connected and cared for.

I cultivate gratitude. I remember to count my blessings. I let others know how much I appreciate them and their kindness.

I invest in myself. I adopt healthy habits. I eat delicious whole foods. I stay active with a wide variety of activities that interest me. I get 7 to 8 hours of refreshing sleep each night.

I slow down. I live mindfully. **I act intentionally rather than drifting through life.**

I manage stress constructively by talking about my feelings and finding relaxation practices that work for me.

I accept myself as I am. I understand my strengths and weaknesses. I set goals that are realistic and compelling for me. I treat myself with kindness and compassion.

I think positive. I focus on solutions instead of complaining. I dare to try new things and value learning from experience. I view challenges as opportunities.

**I do what I love.** I leave room in my schedule for hobbies and playing around. I sing and dance. I make paper Christmas ornaments, t-shirts, and bracelets.

Today, I create the life I want. I am thankful for the experiences and relationships that help make me who I am. I feel excited about developing my potential.

### **Self-Reflection Questions:**

1. How do I define success?
2. What makes me happy?
3. What am I doing to have a positive impact on the world?