

DECIDING for January 1st

1. Today I am grateful for and appreciate...

My cosy faux fur blanket on my bed that keeps me warm; that I get to work with courageous, kick-ass women; the hot cup of tea that I can wrap my cold hands around; the music playing that makes me dance; the parking lot kiosk guy who let me out free yesterday; the healthy clean food in my fridge; the new computer that doesn't crash.

2. Today I affirm that..

I am strong and healthy!

3. Today I intend for my dominant feeling to be..

That everything is easy

4. Today I will let go of *Thinking that if it isn't difficult, it's not worth having or doing* to make that happen.

5. Today I will take the following action or actions to support my intention..

I will write "easy" on a note and carry it with me all day. I will actively look for the joy in easy. When I come across an annoyance, I will look for how I can experience joy from it instead of letting it control my mood.

6. What did I learn about myself today?

That I need to take some time and space in the moment to collect and manage my thoughts (and therefore my feelings) about situation or circumstance.

"Today I Honor Me!"