

2015 - INTENTIONS

* I am HEALTHY & STRONG

I am healthy in my body, mind & Spirit
I am strong in my body, mind & spirit

* I practice HEALING & HAPPINESS every day

I regularly meditate & practice yoga & I take care of my body by eating well & exercising. I treat myself with kindness, respect and lots of love

* I can CONFIDENTLY do the things I want and I release the FEARS that challenge me

I am confident in my abilities and talents and I let go of doubts and fears from the past. I am happy and confident with who I am

* I RELAX and ENJOY life as it comes

I live in the moment and know that things are unfolding exactly as they should be. I remember to see the adventure in every moment.

* I practice LOVING-KINDNESS for all living beings

I treat all beings as equals with kindness and respect. I send love to all those in need. I look after others when I can as best I can

* I am PATIENT & UNDERSTANDING of all.

I see things as they really are, and I act with patience and understanding in all situations, even the challenging ones. I accept the things I cannot change. I change the things I can.

* I experience Deep personal CONNECTIONS and beautiful, inspiring FRIENDSHIPS everywhere I go

My friendships are well balanced, healthy and strong. My friends are inspirers and motivators for my life. They are the universe guiding me in human forms. All they give to me, I give back to them with love.

* I LOVE fully and completely with an open heart

My heart is open and ready to receive and give love freely and completely without fears or regrets. My relationships are strong and healthy.

* I LEARN and CHALLENGE myself every day

I am open and ready to accept new experiences and to continue striving to be a better person each day.

* I return to NATURE on a regular basis

I take little journeys to soothe my soul and I remember to "smell the roses" at every opportunity. I go "off the grid" at least once a month.

* I TRAVEL and EXPERIENCE life in different ways

I regularly take trips near & far to experience all that life has to offer me. I grow with each new experience.

* I love my WORK and do my Job with CONFIDENCE

I enjoy going to work and am passionate about what I do. I am treated with respect at work. Others enjoy working with me and I respect them.

* I am able to COMMUNICATE easily & effectively

My point is clear and others understand what I say. I speak always from a place of good intention.

* I am CALM, PEACEFUL and PRESENT.

I am here. Right here. Right now. In this moment. This is it. This is the most important moment of my life NOW!