

I remember feeling smart

Today I am working toward feeling smart again

Today I am feeling smart in a whole new way

I remember feeling alive

Today I am working toward feeling alive again

Today I am feeling alive in a whole new way

I remember feeling on track

Today I am working toward feeling on track again

Today I am feeling on track in a whole new way

I remember feeling beautiful

Today I am working toward feeling beautiful again

Today I am feeling beautiful in a whole new way

I remember feeling rested

Today I am working toward feeling rested again

Today I am feeling rested in a whole new way

I remember feeling creative

Today I am working toward feeling creative again

Today I am feeling creative in a whole new way

I remember feeling confident in my abilities

Today I am working toward feeling confident in my abilities again

Today I am feeling confident in my abilities in a whole new way

I remember feeling sexy

Today I am working toward feeling sexy again

Today I am feeling sexy in a whole new way

I remember feeling healthy

Today I am working toward feeling healthy again

Today I am feeling healthy in a whole new way

I remember feeling fun

Today I am working toward feeling fun again

Today I am feeling like I am a lot of fun in a whole new way

I remember feeling peace in my heart

Today I am working toward feeling peace in my heart again

Today I am feeling peace in my heart in a whole new way

I remember feeling a deep connection to God

Today I am working toward feeling a deep connection to God again

Today I feel a deep connection to God in a whole new way

I remember feeling a great desire to exercise

Today I am working toward feeling a great desire to exercise again

Today I am feeling a great desire to exercise in a whole new way

I remember consistently exercising my fit body

Today I am working toward consistently exercising my fit body again

Today I am consistently exercising my fit body in a whole new way

I remember standing up for myself

Today I am working hard at standing up for myself again

Today I am standing up for myself in a whole new way

I remember regularly taking time to play

Today I working toward regularly taking time to play again

Today I am regularly taking time to play in a whole new way

I remember knowing that I can do what I set my mind to do

Today I am working toward knowing that I can do what I set my mind to do again

Today I am knowing that I can do what I set my mind to do in a whole new way

I remember trusting people

Today I am working toward trusting people again

Today I am trusting people in a whole new way

I remember feeling vibrant

Today I am working toward feeling vibrant again

Today I am feeling vibrant in a whole new way

I remember trusting God, wholly and completely

Today I am working toward trusting God again, wholly and completely

Today I am trusting God, wholly and completely in a whole new way

I remember loving my body

Today I am working toward loving my body again

Today I am loving my body in a whole new way

I remember trusting myself

Today I am working toward trusting myself again

Today I am trusting myself again in a whole new way

I remember letting others carry the load too

Today I am working toward letting others carry the load again

Today I am letting others carry the load too in a whole new way

I remember having very few financial obligations or needs

Today I am working toward having very few financial obligations or needs again

Today I have very few financial obligations or needs in a whole new way

I remember having abundant amounts of money and resources

Today I am working toward having abundant amounts of money and resources again

Today I have abundant amounts of money and resources in a whole new way

I remember getting together with friends regularly

Today I am working toward regularly getting together with friends again

Today I am getting together with friends regularly in a whole new way

I am remembering how much I have always longed for good boundaries

Today I am working toward having good boundaries

Today I have good boundaries in a whole new way

I remember feeling profoundly grateful for my life

Today I am working toward feeling profoundly grateful for my life again

Today I am feeling profoundly grateful for my life in a whole new way

I remember taking time to write down my ideas and dreams

Today I am working toward taking time for my ideas and dreams again

Today I am taking time for my ideas and dreams in a whole new way

I remember spending time outside for restoration

Today I am working toward spending time outside for restoration

Today I am spending time outside for restoration in a whole new way

I remember accomplishing big goals

Today I am working toward accomplishing big goals again

Today I am accomplishing big goals in a whole new way

I remember taking time to learn new things

Today I am working toward taking time to learn new things again

Today I am taking time to learn new things in a whole new way

I remember loving my life

Today I am working toward loving my life again

Today I am loving my life in a whole new way

I remember having a passionate relationship with my husband

Today I am working toward having a passionate relationship
with my husband again

Today I am having a passionate relationship with my husband in a whole new way

I remember being in the wilderness, and making it through
Today I am working toward feeling confident about being in the wilderness again
Today I am not afraid of the wilderness

I remember making it through very difficult things
Today I am working toward feeling confident about doing difficult things again
Today I am not afraid of doing difficult things

I remember surviving very painful times
Today I am working toward healing very painful times
Today I am confident that I can make it through painful times again

I remember holding tight to each other when all hell came against us
Today I am working toward forgiving and accepting the times when all hell came against us
Today I am confident that we will still be okay if all hell comes against us again

Today I am forgiving the pain

Today I am forgiving the pain

Today I am forgiving the pain

Today I am working on letting go of how I thought things would turn out

Today I am working on letting go of how I thought things would be

Today I am working on letting go of where I thought I would be by now

Today I am working on letting go of how I thought I would feel by now

Today I am working on letting go of how I thought things should turn out

Today I am working on letting go of what I thought would happen

Today I am working on letting go of what I hoped would have happened

Today I am working on letting go of what I thought would have been best

Today I am working on letting go of what I wanted to happen by now

Today I am working on letting go of what did not turn out how I wanted it to

Today I am working on letting go of what does not feel fair

Today I am working on letting go of what can never be returned or restored

Today I am working on letting go of what I can not control

Today I am working on letting go of what I can not predict

Today I am working on letting go of what I can not change

Today I am working on letting go of what I can not bring back

Today I am working on letting go of how things used to be

Today I am working on letting go of what needs to move forward

Today I am working on letting go of what needs to evolve

Today I am working on letting go of what needs to take it's next step

Today I am working on letting go of what needs to die & be buried

Today I am working on letting go of what does not serve my progression

Today I am working on letting go of what hurts me more than helps me

Today I am working on letting go of shame

Today I am working on letting go of shame

Today I am working on letting go of shame

Today I am working on letting go of blame

Today I am working on letting go of blame

Today I am working on letting go of blame

Today I am working on letting go of resentment

Today I am working on letting go of resentment

Today I am working on letting go of resentment

Today I am working on letting go of martyrdom

Today I am working on letting go of martyrdom

Today I am working on letting go of martyrdom

Today I am working on letting go of old anger

Today I am working on letting go of old anger

Today I am working on letting go of old anger

Today I am working on letting go of old anger

Today I am working on letting go of old anger

Today I am working on letting go of old anger

Today I am working on letting go of old anger

Today I am working on letting go of old anger

Today I am working on trusting how life is now

Today I am working on loving how things are today

Today I am working on accepting how things have turned out

Today I am working on appreciating how things have turned out

Today I am working on loving how things have turned out

Today I am conversing with my spirit

Today I am conversing with my spirit

Today I am conversing with my spirit

Today I am conversing with my spirit

Today I am conversing with my spirit

Today I am asking God to take this

Today I am asking God to take this

Today I am asking God to take this

Today I am asking God to take this

Today I am asking God to take this

Today I am asking God to take this

Today I am asking God to take this

Today I am asking God to be with me

Today I am asking God to be with me

Today I am asking God to be with me

Today I am asking God to be with me

Today I am asking God to be with me

Today I am asking God to be with me

Today I am asking God to be with me

Today I am asking God to be with me

Today I am protecting what is most sacred to me

Today I am protecting what is most sacred to me

Today I am protecting what is most sacred to me

Today I am forgiving myself

Today I am forgiving myself

Today I am forgiving myself

Today I am forgiving myself

Today I am forgiving this situation

Today I am forgiving this experience

Today I am forgiving what happened

Today I am forgiving what didn't happen

Today I am forgiving this situation

Today I am forgiving this experience

Today I am forgiving what happened

Today I am forgiving what didn't happen

Today I am protecting my boundaries

Today I am protecting my boundaries

Today I am protecting my boundaries

Today I am protecting my boundaries

Today I am protecting my energy

Today I am protecting my energy

Today I am protecting my energy

Today I am protecting my energy

Today I am protecting my energy

Today I am protecting my energy

Today I am restoring my energy

Today am restoring my energy

Today I am restoring my energy

Today I am restoring my energy

Today I am restoring my energy

Today I am restoring my energy

Today I am restoring my energy

Today I am restoring my energy

Today I am restoring my energy

Today I am restoring my energy