

I want to remember that important things take time, and that the time spent working toward important things will probably mean even more to me than the thing I'm working toward.

I want to remember that I am never trapped. I can always make another choice to move a few steps or a few miles out of where I am right now.

Sometimes I forget that I have enough. I've always had enough. I always will have enough. I can rest in this knowledge.

Sometimes I forget that numbing out of my feelings just prolongs difficult times. When I make a brave choice to sit with exactly how I'm feeling, the feelings will move through me and I will make it to the other side of them.

Sometimes I forget that getting older is an incredible gift that is not given to everyone, a gift that is worthy of being valued and taken care of.

I want to remember that sometimes I forget to really notice the magic and the beauty and the blessing of the people I love the most.

I want to remember that a small handful of souls can change your life, it doesn't have to be the entire world.

Sometimes I forget that I get to start over as many times as it takes.

Sometimes I forget that no matter how far I've gotten from my path, I can turn around and get back on it at any time and it is never too late to get back on it.

Sometimes I forget that it just might be a blessing that I didn't get some of the things I used to want.

I want to remember that there will always be another way tomorrow and that there is probably another way right now but that it's okay if I rest for a night and find a new way tomorrow.

I want to remember that what I do in life will never ever matter more than who I am becoming each day.

Sometimes I forget that every person I come across in life or throughout my day is trying to figure their life out and is going through some kind of internal challenge that I cannot even fathom and that I can either make things easier for them or harder for them.

Sometimes I forget that just about everyone is doing the best they can do right now with what they have and what they know and where they are in life.

I want to remember that I am not powerless. I can always choose to think a new thought, respond in a better way or take action toward what I want most.

Sometimes I forget that I've got to let myself change. I've got to let others change. None of us have to stay in our past, we all get to move forward whenever we are ready.

Sometimes I forget to breathe. I want to remember to take big deep breaths to clear everything up.

I want to remember that I am the only one who really knows all that I am working through right now and that others are working through things that they also hold alone. I want to give myself grace. I want to give others grace.

I want to remember that sometimes things don't get easier, so that means that I have to get stronger. I want to remember that I have unlimited capacity for growing strength in new places in my spirit, my

mind and my body. No matter how hard things get, I can get stronger along with them.

I want to remember that I have the ability to influence and help the circle around me, and sometimes that is more important than trying to change the world.

I want to remember that my best is different than other's best. It's okay if I fall below average. It's okay if I end up above average. My best is my best. Their best is their best. We are all on our own path. I am on my own path.

I want to remember that I can give myself the things that I wish I could get from life or from others. I can create the experiences that I yearn for.

Sometimes I forget that my body is regenerating all the time, if I take good care, I can help it regenerate into a healthier, more fit body than I have ever had before.

Sometimes I forget than I can turn my day around by helping someone else.

Sometimes I forget that when I'm feeling crazy or overwhelmed, what I really need is just some good solid sleep.

Sometimes I forget that everything I ever REALLY wanted is right in front of my face.

I want to remember that I am here on this earth to learn. That's actually what I'm here for. So sometimes when life feels cruel, it's actually just a really important lesson that is going to help me to know more about life, about others and about myself. Every single thing is a lesson that has the potential to give me wisdom.

I want to remember that I have earned victories that no one else knows about and that sometimes I have to celebrate my victories by myself. I want to remember to celebrate those victories BIG TIME.

I want to remember that so many people take on new hobbies and new goals and climb new mountains into very old age. I want to remember that I will not stop learning, living and loving this life until the day I die.

I want to remember that my children have lives of their own and that is a very good thing.

I want to remember that a part of me dies when I don't make time to create.

I want to remember that relationships change and take on a beautiful patina that cannot be developed in any other way than over time. I want to remember that there are things even more beautiful than the excitement of a new relationship. I want to remember that I can fall in love with the same person over and over again... and they he fall in love with me over and over again.

I want to remember that everything goes through seasons and phases and just because things don't feel the same as they felt in the beginning, that doesn't mean that they won't circle back around again.

Sometimes I forget that there is beauty and deep purpose in ALL of the seasons of life.

Sometimes I forget that there are lots of ways to be beautiful. There are lots of kinds of beauty. There are lots of ways to create more beauty.

Sometimes I forget that everything needs to be reset from time to time. Everything needs to be unplugged and rebooted. Including me.

Sometimes I forget that it's really good to cry when I need to cry, and that the tears will be gone as soon as they are done helping me.

Sometimes I forget that I am still learning, that I still have a lot to learn and that sometimes I mess up while I'm learning something.

Sometimes I forget that I have to keep remembering or else I will forget. Remembering takes work.

I want to remember that I have my own angels watching over me. Everyone does. They want to help, I just have to ask.

I want to remember that I don't have to be the perfect mother, grandmother, wife, sister or friend... I just have to show up and do my best.

I want to remember that sometimes change requires grieving. I want to remember that sometimes it hurts to go from one thing to another even though we are ready to move on. I want to remember that everything is always changing and that when I resist, I suffer more. I want to remember that it's okay to grieve things that aren't good for me anymore.

I want to remember that it's hard to make a new habit, but it's worth it.

I want to remember that it's okay to slow down. I want to remember that what I do and what I produce does not multiply or define my worth. I want to remember that I am the only one who can regulate my pace.

I want to remember that my Truthteller is right beside me, ready to help whenever I ask.

I want to remember that my Truthteller knows things about me that I don't even know yet...knows my potential, my purpose and my mission. My Truthteller knows how to help me best.

Sometimes I forget all about my Truthteller and I try to do things alone. That doesn't feel good and it doesn't work very well either.

Sometimes I forget that there are lots of people who would love to help if I would just find the courage to ask.

Sometimes I forget that my story is still being written...and I am the one who gets to write it.

Sometimes I forget that I believed a lot of lies about who I was and that those lies still affect me sometimes. I want to remember that I always have the power to tell myself the truth.

Sometimes I forget that I can dream new dreams whenever it's time.

I want to remember what a privilege it is to be a mother and a grandmother.

I want to remember no matter how old and solid my marriage is, it needs daily care and that it can get better and better and better.

Sometimes I forget to appreciate my beloveds.

Sometimes I forget that experiences matter so much more to me than things.

Sometimes I forget that I am a soul having a human experience and that being a human is really really hard when you forget that you are actually a soul.

Sometimes I forget that love makes everything easier.

Sometimes I forget that love can fix just about any heartbreak eventually.

Sometimes I forget how much grit I have.

I want to remember how strong I am and how strong I have always been.

I want to remember that I have a good heart and when I mess up I can forgive myself.

I want to remember that I am the one who has to teach people how to treat me and that it is so important to have boundaries.

Sometimes I forget that it is my job to decide the boundaries I want to enforce in my life and that it is my job to enforce them.

Sometimes I forget that it's important for me to be a good friend to myself.

I want to remember not to be mean to myself.

I want to remember to take good care of myself, I'm the only one who can do that.

Sometimes I forget that I am the one in charge of my life.

Sometimes I forget how important my thoughts are.

Sometimes I forget how much I need to be outside in nature.

Sometimes I forget how much I need to see the sky.

I want to remember that I feel so much better when I spend time outside. Nature is sometimes the very best medicine.

I want to remember that all that I can do is my best.

I want to remember that just about everything is temporary. I want to enjoy the good things and learn from the hard things.

Sometimes I forget that I have a lot to be proud of.

Sometimes I forget that I am still recovering from a lot of things and that I need to be gentle with myself.

Sometimes I forget that I have already conquered so much and learned so much and that I will be able to continue.

Sometimes I forget that forgiveness is the key to freedom.

I want to remember that I don't have to go the way that others are going.

I want to remember that I have to decide for myself.

I want to remember that I can create what I am seeking.

I want to remember that I can create what I am yearning for.

I want to remember that I can create my vision.

Sometimes I forget the power we have to create what we are most yearning for and seeking and imagining.

I want to remember that my imagination is one of my super powers.

I want to remember to never let anyone squish my dreams and ideas.

Sometimes I forget that my ideas are a huge gift from my Truthteller.

Sometimes I forget that I can redo it, remodel it, restore it or even get rid of it.

Sometimes I forget that it's okay to have a calm life.

Sometimes I forget that it's okay to have a boring day.



Sometimes I forget that it's okay to enjoy my blessings.

Sometimes I forget that I have the power to overcome whatever it is that I am fearing.

Sometimes I forget that light always overpowers dark.

Sometimes I forget that love is always bigger than hate.

I want to remember that magical little things happen that sometimes feel like coincidences, but they are not, they are meant for me to notice and to know that I am not alone.

I want to remember how much I love to grow things.

I want to remember how much I love to keep things alive and thriving but that sometimes it's their time to be done and go back into the ground. I want to remember to just enjoy the time I got to be part of their growth and blossoming.

I want to remember that the flowers come back in the Spring.

I want to remember that Winter is for resting and recharging.

I want to remember that when the blossoms or the fruit or the leaves fall off of the trees, it's not personal.

Sometimes I forget that life is so beautiful somewhere nearby all the time.

Sometimes I forget about all of the people I get to love in my life.

Sometimes I forget the miracles that got me to this day.