

HANDOUT

PHASE 1

Ours:

Even though I feel overwhelmed by my physical body, mental state, and emotional space, I acknowledge these sensations and feelings, and choose to love myself.

Write Your Own:

PHASE 3

Ours:

Even though I worry that my past mistakes will keep me stuck in the future, I choose to honor how much I've grown and reaffirm my dedication to treating myself with love.

Write Your Own:

PHASE 2

Ours:

Even though I have fears that hold me back and keep me playing small, I choose to keep showing up for myself with love and discovering my own power daily.

Write Your Own:

PHASE 4

Ours:

Even though I feel that I am not doing or being enough, I choose to believe that I am worthy of love, happiness, and inspiration.

Write Your Own:
