

Love Joy Harmony

Each day you create your reality.

Before rising from bed, breathe deeply and stretch from fingertips to toes. Repeat your daily affirmations out loud ten times. As you recite, listen to your inner voice and feel the conviction of your words as they permeate throughout your body.

You are creating your experience for the day.

Believe what you hear.

Arise with conviction and the clarity of purpose.

Living in gratitude is the gift you give to yourself and the others around you.