

EMBRACE Yourself Boldly

These are written in the affirmative as if you are doing them now. Notice the empowering effect it has on you when you say them. Notice how your body feels, how your frame of mind shifts, and how your spirit responds.

E**n**vision

I dream, imagine, and see a vision of who I am becoming and the life I am continuously creating.
I love living in infinite possibilities.

M**e**

I honor and value myself and make my care and wellbeing a priority in my life. I choose to show up powerfully for myself and nourish my mind, body, and spirit. I love what is possible when I do.

B*elieve*

I believe and trust in myself and have faith in something greater than me. I know and believe that all things are working for my good. I love who I am when I believe.

R*eclamation*

I am continually excavating and exploring my learned (limiting) beliefs, stories, truths, and identities.
I am letting go of what no longer supports me and reclaiming what is true and best for me.
I love who I am finding.

A*ncor*

I am living from my values and I am grounded in my truths. They support and guide me in all my experiences and anchor me to who I am and what is important in my life. I love the strength and courage I am discovering.

C*ompassion*

I have unconditional love and compassion for myself and empathy for others. I honor myself for where I am at and recognize that everyone's experience is unique. Having love and compassion is setting me free.

E**mbody**

I am connected and one with my spirit, body, and mind. This puts me in flow with the energy of life that is in us, around us, and connects all of us. I feel and express myself from a place of wholeness and unity and know that I am worthy and enough. I am home.