

TODAY I'M GRATEFUL FOR

- ★ Waking up in my soft bed to a sunny day
- ★ Yarn for future craft projects
- ★ New music from one of my faves
- ★ HUGS
- ★ Size Large iced coffees
- ★ Monarch Butterflies
- ★ My sweet angel dog, Frank (not him)
- ★ Spooky Season
- ★ Sweat-shirt weather



MORNING MANTRAS

I can do whatever I focus my mind on

I have the courage to be myself



I AM ENOUGH!

I forgive myself if I make mistakes

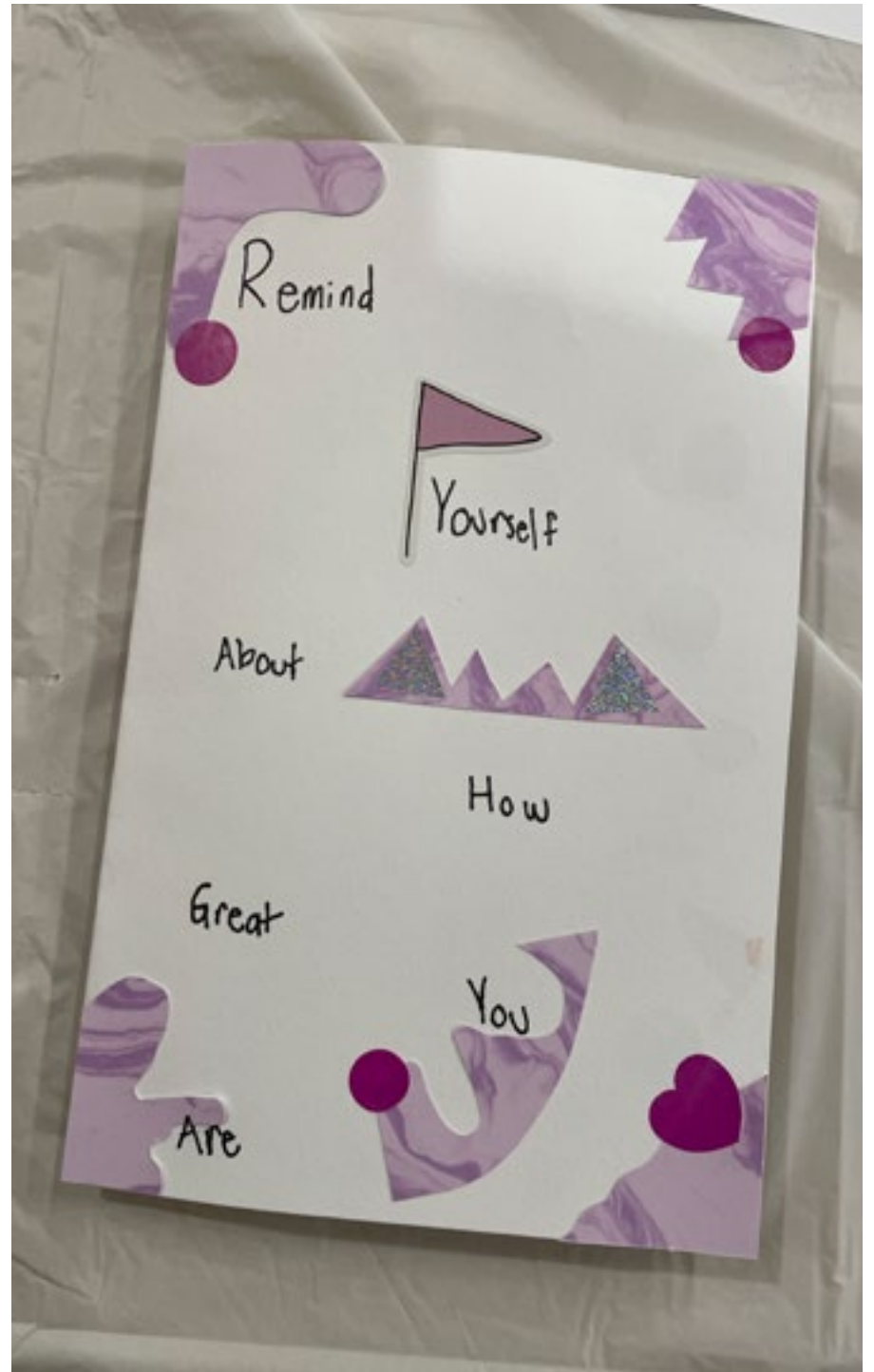
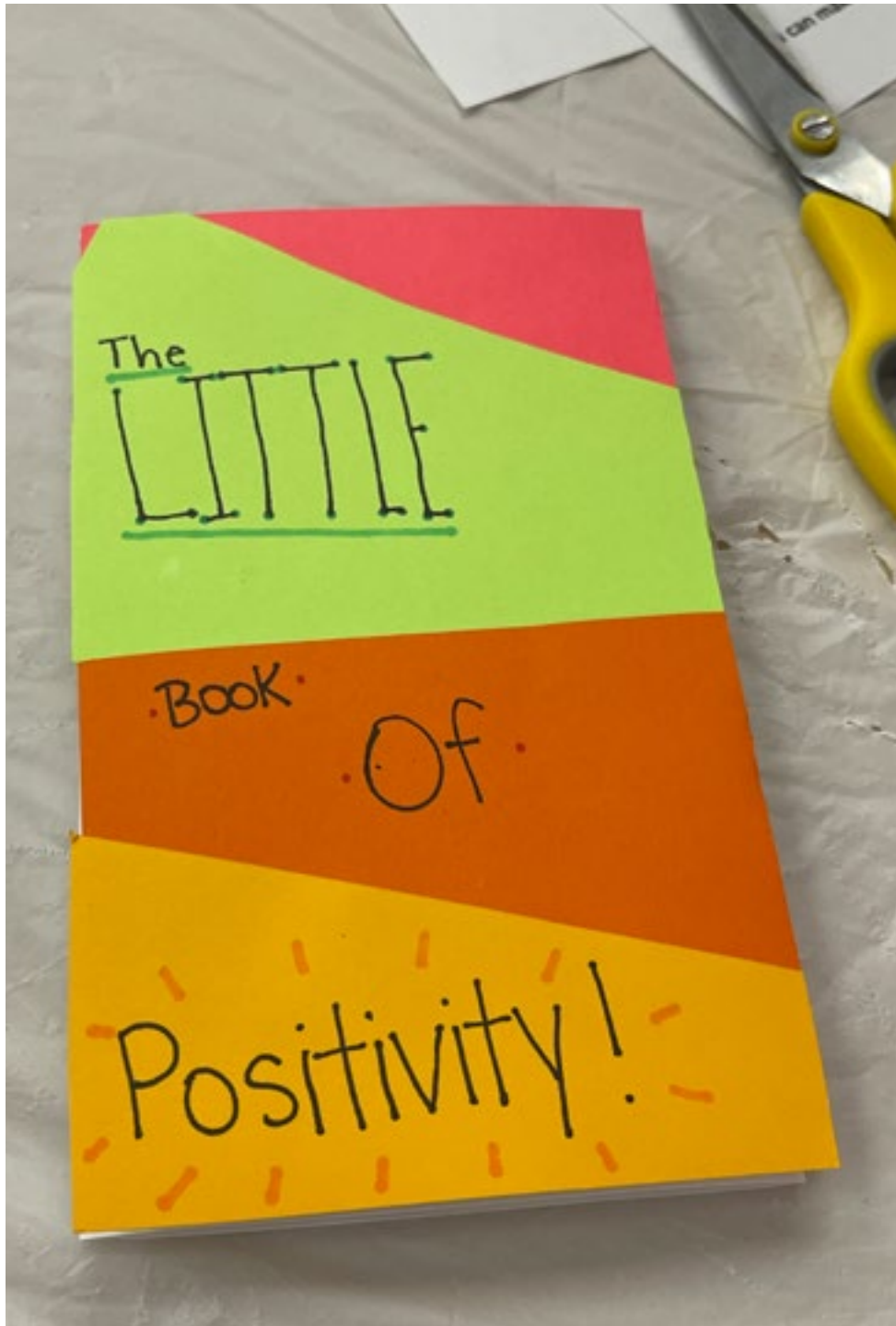


TODAY IS A FRESH START

Write about a time when you felt confident. What contributed to this feeling?

I had an art show of just my artwork. I was nervous at first of what people would think, but friends + strangers kept saying nice things about my art! At the end I felt so confident + realized how cool it was to just make it + put it out in the world, that alone requires confidence. The rest was a bonus.







Smart!
Happy
Loving
Cheerful
Peaceful

Joyful

I am

Blessed

Creative

Proud

Bold
Thoughtful



I am.....

