

## I HEAL MY OWN HEART

I have high hopes for my life. I feel joy, anticipation, curiosity, and love for others each day. Although I strive to focus on positive emotions, I know that today's events can produce a wide range of feelings.

I look for gems in my day. The sun is shining. The rain is watering the trees and flowers. The snow provides a beautiful, pristine blanket over nature. Recognizing that the world moves forward regardless of what happens to me personally helps me to put one foot in front of the other. This brings self-healing.

Knowing there are more treasures to find along life's path compels me to stay focused on my goals. I regularly reevaluate what is important to me and adjust my plans as I see fit.

My promises to myself bring a sense of strength, renewal, and healing.

I realize it is my responsibility to take care of myself, so I face any upsetting feelings that come my way.

I allow myself to feel hurt, sadness, and disappointment, but avoid dwelling on them for too long. I let go of the emotions that block my path to health and happiness. I make conscious decisions to move forward each day.

Today, I know I can do whatever is necessary to heal my own heart. When I let go of negative emotions, I am free to take steps toward healing.

## REFLECTION QUESTIONS

**1**

What daily practices can I adopt to focus on positive emotions and self-healing?

**2**

How can recognizing the beauty in everyday life help me stay focused on my goals?

**3**

How does letting go of negative emotions contribute to my overall health and happiness?