

4 steps, less than 2 minutes to say



before getting out of bed.

- 1- Say a prayer (adapt it so it resonates with you. As long as it is full of gratitude and positivism):

« Thank you Mother, Father God (or angel, Universe, life, etc) for this new opportunity that You give me this morning to create once again the wonderful life that I am here to experience. Thank You for giving me the courage to be Love and Joy at every moment, the Inspiration to say and do what I need to so everyone that I meet feels loved and the wisdom to open myself up to Your blessings that we create together. »

- 2- Take 3 deep breaths :

Inhale love, exhale stress and negativity.

Inhale joy, exhale tension et pain.

Inhale peace, exhale limitations.

- 3- Visualize your day by intentionally creating every interaction, action and thought - 1 minute is enough.

- 4- Put a smile on your face before getting out of bed.

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