

TODAY I LIVE CONSCIOUSLY

THE ONLY THING I CAN CHANGE IS TO CHANGE MYSELF.

....AND THAT CHANGES EVERYTHING.

1. I go my own way

- I let my heart / intuition / inner voice guide me.
- I am focused on my current intention.
- Overcoming challenges, obstacles and the lessons learned strengthen me and move me forward.
- I go at my own pace – it's not a race but my unique path.

2. I throw away burdens and blocks

- I accept my past and everything I am going through.
- I forgive myself and others.
- I change the beliefs that don't serve me.
- I edit my unhelpful relationships and addictions.

I love myself the way I am
I strengthen my spirit, mind and body
I put myself first



I have a unique value
My life is a reflection of myself
I can do anything

3. I keep calm and attuned

- I show gratitude because everything is happening for my good.
- I process my emotions and keep myself calm and in a good mood.
- I engage in joyful activities.
- I am and live as if I have already achieved my intention.

4. I create consciously

- I enjoy the present and the "unknown".
- I do everything properly attuned and with a specific intention in the background.
- I use my attention and time consciously.
- I engage my imagination, mind, emotions and imaginative senses as tools of creation.