



I am not a mess™

EMBRACE • EMPOWER • EVOLVE

My Growth Worksheet #1- EMBRACE

Before you begin, please find a quiet place and take a few deep healing breaths. Your mind may resist but pay attention to how you feel. Over time notice the shifts that take place. Repetition is how we learn and unlearn. Embrace where you are and know that you are taking a step to better transform your challenge into a gift.

- I _____ promise to read these statements with enthusiasm, love, and joy. I willingly take action to support my journey of healing to become the best me today and everyday, for this I am grateful.
- I _____ am well and embrace my process of healing knowing it is special to the evolution of my soul. I know that my challenge of _____ is a gift and I welcome the opportunity to be grateful for all that is to be revealed on my path of healing.
- I _____ embrace my challenge of _____ and know there is a deep intelligence within myself that yearns for me to align with healing and wholeness!
- I _____ commit to honor myself where I am today, knowing that it is perfect and exactly where I am meant to be. I understand that every day is a new day and allow myself to embrace this part of my journey as another opportunity to become more of myself!
- I _____ offer my heart in gratitude knowing that my challenges are actually gifts that will be revealed on my path in areas of my personal growth and souls evolution. All is well and I know this to be true now and always. And so it is.

Note: Please feel free to post this in your home, at your office, or even write on 3X5 cards and read them a few times a day. You can use the list or do one per week and keep a journal of your experience.