

Living for tomorrow? But what about today?



The following exercise is a great way to bring you back into the present moment and acknowledge how you are feeling right now. Once you've completed these statements, say them all out loud. Practise daily to remind you of your present emotions and physical being.

Today

I FEEL

I WISH

I THINK

I NEED

I HOPE

I WANT

I HAVE

I CAN

I WILL

I BRING

Positive Soul List



A positive soul list is anything that makes you happy
