

A DARING MANTRA

i love you

STAND IN FRONT OF THE MIRROR AND REPEAT THIS MANTRA:

I LOVE YOU FOR BEING TRUE TO YOURSELF.

I LOVE YOU FOR GETTING OUT OF BED EACH MORNING.

I LOVE YOU FOR NEVER GIVING UP, EVEN WHEN TIMES ARE TOUGH.

I LOVE YOU FOR BEING BRAVE.

I LOVE YOU FOR BEING THERE FOR ME.

I LOVE YOU NOW AND ALWAYS.

TEN LIFE LESSONS:

1. TAKE A DEEP BREATH. IT IS CALMING.

2. THE BEST IS YET TO COME.

3. EVERYTHING HAPPENS FOR A REASON.

4. LIFE IS TOO SHORT TO WASTE TIME HATING ANYONE.

5. NO ONE IS IN CHARGE OF MY HAPPINESS BUT ME.

6. DON'T DULL MY LIGHT TO FIT IN.

7. IF I DON'T ASK, I DON'T GET.

8. TRUST MY PATH - IT WAS MADE FOR A REASON.

9. LISTEN TO MY INSTINCTS.

10. DO THINGS FOR MYSELF.



A DARING JOURNAL



In your journal, or on this page, write down everything that comes to mind when you reflect on these questions. Be daring and free with your words!

I FEEL:

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MY WORD FOR TODAY IS:

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WHAT WAS THE BEST THING ABOUT YESTERDAY?
AND CAN I DO MORE OF IT TODAY?

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I'LL ALWAYS REMEMBER THAT TIME I:

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IT'S TIME TO LET IT ALL OUT -
WHAT'S ON MY MIND? WHAT AM I WORRIED ABOUT?
HOW AM I FEELING?

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HOW HAVE I CHANGED FOR THE BETTER LATELY?
HOW DO I WANT TO MOVE FORWARD IN MY SPECIAL,
UNIQUE LIFE?

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This is an extract from *My Daring Journal* by Jenna Lee. You can find out more on www.jennaleebiz.com