Wellveda Coaching

Breathe life into your Life...

Create a habit of taking a quiet pause each morning

before launching yourself out into the world.

Creating a habit of taking a quiet pause each morning before launching yourself out into the world gives you the space to mentally guide your day as well as giving you patience and calm if the day goes off the rails.

Create your Breathing life into your Life Habit:

Each morning, as the sun is rising above the clouds, I stop and reflect on my life. With the first breath I inhale, I thank my Creator for all my blessings. My mind immediately travels down the extensive list.

I am *thankful* that I have a family. I am *thankful* that I have work and that my work makes a difference. I *give thanks* because I am needed and wanted. My life counts and I matter to others.

I start every day with a prayer of thanks. Beginning this way gives me strength to face the day. The tools I need to win today are found in my prayer collection.

I declare that this day is a gift from above. I choose to rejoice and be glad in whatever comes my way. My heart, spirit, and soul are prepared for the unknown. With a thankful heart, I am off to a great start.

Awakening my soul first thing in the morning helps me to stay in touch with it throughout the day. During the day, I find it easier for things to speak to my soul because it has already been awakened.

My thoughts are filled with possibility. My heart is healthy. My priorities are in order. I tighten the breaks on anger and saturate myself with peace.

When I start the day with a pause, my spirit is calm. Taking a moment to reflect each morning helps me to face the world with a positive attitude. I can rise above any situation that may seek to cloud my outlook.

Self-Reflection Questions:

1. *How do I start my day?*

2. *What am I thankful for?*

3. *How does having a thankful heart change my outlook on life?*

4. *How does having a thankful heart effect my relationships with my loved ones, friends, or co-workers?*

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