

First, sit or lie down in a comfortable position. Consider your thoughts and how your body feels right now.

Inhale through the nose, and exhale through the mouth.
Again. Inhale....exhale. As you exhale, relax.

Inhale calmly... and as you exhale, just let go of all the stress in your body. Breathe, calmly and peacefully.

Where are you tense? Think about these areas, and every time you inhale and exhale, imagine your body is becoming more and more relaxed.

Envision how relaxation feels- gentle, peaceful, warm, open and happy. Nourish that beautiful feeling let it grow.

Consider where you feel tense, and the relaxation will soften those tight muscles. Continue to let that feeling of serenity expand and spread a sense of peacefulness through your body.

Inhale relaxation ...exhale tension
Inhale serenity ... exhale tension

Continue this slow breathing, and bask in the serenity with every breath. The more you breathe in and out the more relaxed you become. You're at ease. You feel peaceful.

Next, visualize a setting that inspires true happiness and relaxation. It can be imaginary, or it can be real. A setting that inspires joyful thoughts.

What do you hear? See?. Smell? How does this place make you feel physically? Lose your thoughts in all the comforting sights, sounds and smells of this joyous place. You feel carefree, completely at ease, serene and protected.

Relax in this beautiful setting. Repeat each statement.

I appreciate who I am.

I love myself.

I value all the gifts I bring to the world.

We all have something wonderful to offer. I have something wonderful to offer.

I have earned the right to relax.

I have earned the right to be happy.

I appreciate the good things in my life, and this joyful feeling.

Repeat each statement.

I am confident.

I like who I am, and it's ok that I am not perfect.

I am a work in progress and I'm getting better all the time.

Repeat each statement.

I am strong.

I am good enough.

I embrace my inner child.

I am confident in who I am.

I have integrity and strength of character, and I value the person I've become.

Repeat each statement.

I appreciate who I am.

I love myself.

It's ok to feel all kinds of emotions good and bad.

I appreciate who I am.

I feel good about myself.

I appreciate all I have to offer.

I am strong.

I appreciate who I am.

I love myself.

Feel all this love, and stay in this place. Bask in this sense of serenity and this feeling of calm. Relax. Enjoy this time.

Let's count to 4.

1... breathe in ..and ..breathe out .calmly and peacefully

2... breathe in ..and ..breathe out .calmly and peacefully

3 breathe in ..and ..breathe out .calmly and peacefully

4 . in ..and ..out .

You are calm, and at peace with yourself.