

# I CLEAR MY MIND

I clear my mind.

I am free of disturbing thoughts.

**I forgive others and myself.** I say goodbye to grudges and resentments. I give myself credit for trying. I value learning from experience.

I challenge assumptions that hold me back. I use positive language. I take responsibility for my choices. I remember my achievements and trust my abilities. I conquer my doubts.

I open myself up to new opportunities. I take worthwhile risks and try different things. I increase my knowledge and skills.

I focus on the things I can control. I accept uncertainty. **I devote my time and energy to projects that align with my values and add meaning to my life.** I grow closer to reaching my goals.

I move around. Physical activity helps me to think more clearly. I run through the park or ride my bike. I pull weeds in my garden and mop my kitchen floor.

I keep a journal. I express my thoughts and feelings. I write about my daily experiences or draw pictures.

I seek support. I turn to my family and friends for encouragement and constructive feedback. **I feel loved and cared for.**

I take refreshing breaks. I relax my muscles and take deep breaths. I visualize myself making positive changes. I cultivate gratitude.

Today, I feel peaceful and content. My mind is like a clear sky after the wind has blown the storm clouds away. I greet the day with confidence and hope.

## Self-Reflection Questions:

1. What is one piece of old baggage I am ready to get rid of?
2. How does taking action help me to stop worrying?
3. How do I define peace of mind?