

The ABC's of Living Life Consciously



- A** Ask for what I need
- B** Balance in all areas of my life
- C** Who do I choose to be today?
- D** A dazzling life is my goal
- E** Empower myself
- F** I free myself from guilt, shame or worry
- G** I write my gratitudes list daily
- H** Happiness is my only option
- I** I intend to be happy today
- J** Judging myself is no longer an option
- K** KISS (keep it simple and sweet)
- L** I practice the law of attraction (like attracts like)
- M** Mirror an amazing life for the children
- N** Negative self talk is no longer acceptable
- O** I am open to new ways of doing things
- P** I give myself permission to be happy
- Q** Questions are the best path to my dreams
- R** Release past resentments
- S** Success is my only option
- T** I am top priority in my own life
- U** I use my imagination to get a bigger life
- V** I create my vision for an amazing life
- W** Write down my thoughts, feelings, and self talk
- X** I embrace excellence, not perfection
- Y** Teach people how to treat you
- Z** Zero tolerance for self-criticism

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