

Affirming and Accepting Myself



Take a moment to get comfortable on your chair ... and you may find it helpful to close your eyes during this exercise ...

Notice any sounds you hear in the distance ... notice any sounds you hear just outside the room ... inside the room ... bring your attention to your body, noticing your feet on the floor ... your back against the chair ... and just be aware of what your hands are in contact with ... and bring your attention to your breathing – just notice it ...

Now bring to mind the positive things you identified about yourself ... pick one of these to say to yourself in your head ... say this to yourself a few times... Allow yourself to really believe this – allow yourself to experience it fully...

See what you see ... hear the sounds ... really feel what you feel ... notice how good it is feeling that way ... this is the real you ... and you are happy with yourself ... take another few moments to really get a sense of all that ...

Now begin to notice your breathing again ... notice where your hands are ... notice the sounds around you, in the room, coming from outside ... and slowly begin to open your eyes and come back to the room ...

**Walk Tall,
Sixth Class p. 165**