

Inner Peace & Relief Cheat Sheet

MANTRA:

I am stronger than I know. I am loved eternally.

There is a part of me that is always at peace.

How are you feeling right now? What's happening in your body? Write this down knowing it's where you're starting, but not where you'll finish. Instead of "I am" use "I feel", such as "I feel tense" instead of "I am tense." *Right now, I feel...* _____

Write down the things that make you unequivocally happy. What are things you think about and can't help but smile? What makes you feel calm? What's your happiest memory? If it feels good, write it.

Imagine you have never in your life had anxiety. You can't even imagine what it would feel like. Write down the person you are when you're completely confident and at ease with yourself. Really see yourself, at work or with your family, living this life. And remember, if you can imagine it, somewhere inside of you it's already a part of you.

What are the tools you have or are learning for your anxiety? Anything that helps – deep breathing, CBD oil, hot yoga, walking your dog. This list will be unique to you. If it helps, write it, and return to this list when you're in a state of panic.