

RELEASE THE RESISTANCE

Every Interaction, Mana Enhancing

STOP! Stop . Think . Observe . Proceed

HALT! Hungry . Angry . Late . Tired

Be Kind - Little Things Matter 😊

If it's to Be, It's up to Me

I Model My Expectations

I've GOT THIS!

I Rest With Intent - (Not Guilt)

BE NICE FIRST

Kindness Always Matters

I Bring My Whole Self to Work

Just For Now - RELAX

Every Breath Allowing

I Create Time and Space  
For a Little Rest and Renewal

PAUSE BREATHE  
SMILE

You Are Not Here to Get it Done.  
Life is About The Process

THINK WELL.  
Your Body Will Thank You For It

It's OK to Smile and Laugh  
Have a Little FUN

Gratitude Helps My  
Nervous System Find Relief

In Times of Trouble - I Reach for  
a Better Feeling Thought

I Always Search for the  
**POSITIVE ASPECTS**

Perfect Bliss is Found  
in a Heart Made Tranquil

The Moment I Stop Reacting  
Is the Moment I Start Creating

Caring for Myself Helps Me  
**CARE FOR MY PATIENTS**

My Point of Power Lies in the  
**PRESENT MOMENT**

The Changes I Seek Start First on  
the Inside in My Imagination

Never Under-estimate the Power  
of Your Influence. Be Yourself

I have the Personal Power, Control  
and Value to be Happy and Well

Why Stress Over Things That Are  
**OUTSIDE MY CONTROL ?**

Over My Head  
Not Up My Nose

Be Kind. People can be fighting  
a battle you know nothing about