

How I talk to myself in a loving way

I now choose you.

I choose to write a new story.

I'm choosing softer days instead of stress.

Boundaries that protect my peace.

I am paying attention to how I feel and spending time with people who feel good to be around.

I want and need things to feel more honest. More like me.

I feel a peaceful & loving energy when I'm with the right people.

I see myself taking in good energy and giving it back.

I see the love I share with my adult children and grandchildren and how I surround them with loving, non conditional love. I'm taking in love.