

# Here's to my Absolutely Awesome Life, where I

- Accept All That I Am
- Choose Fresh Growth
- Drop Negative Thoughts



- Choose New Habits Now
- Accept Who I Am Today
- Am Uniquely Capable

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## *I love myself*

Day 1

I love myself unconditionally, exactly like I am. At my core I am naturally awesome and in awe of all. Accepting that fully, I let go of all else.

## *I respect and exercise my body*

Day 2

I eat healthy as can be. Exercising harmoniously, I thrive more and more in my physical body. I'm a living temple and being in shape is essential.

## *Finding silence within*

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Owning my own happiness, I find room to be still, meditating on and contemplating life's greater questions. As it is, I am the source and the answer.

## *The gift of compassion*

Day 4

Empowered, may I care for everyone and be truthful in all I do. With the wisdom and compassion to bring out the best in me, I inspire others and a better world.

## *I am a great team player*

Day 5

Every day I am becoming a lighter and brighter being. The right people easily drawn to me, I'm a contributor in enabling great outcomes for my team and clients.

## *I contribute fully*

Day 6

So that others may know their true heart, I hold space for them to feel supported and loved. For myself, I leverage all that I am for the benefit of all that is.

## *My marketing is a gift*

Day 7

Knowing my work as a huge gift, I see all truthful marketing on my behalf as deeply meaningful. I accept the workings of this world, to enable my contribution.

## *I'm grounded - right now*

Day 8

Victorious over doubt, I recognize all my best and feel into this deep connection with mother earth. Winning myself over within, I'm grounded in everything I do.

## *Accepting my full potential*

Day 9

Accepting all that I am, I generate the energy to be courageous in developing influence in beautiful ways. Seeking and finding clarity for myself, the world wins.

## *Living my purpose*

Day 10

Knowing why I'm here, I am heart-driven. Creating great outcomes for myself and those around me, I fulfill my purpose. Finding deeper layers within, I update me.

## *Grateful for all that is*

Day 11

Feeling grateful deep within, I recognize the many gifts received. A kind smile, a healthy meal, an appreciation. Contemplating, I give thanks.

## *Authentic & real*

Day 12

Being real with what is, I focus on what is essential and of true value for all involved. Knowing when to hold back, I'm more and more willing to be my true power.

## *I study & learn continuously*

Day 13

A happy learner, I know to absorb good and great, and discern what does not serve me right now. Being open to new, I let go of ignorance and arrogance.

## *I get back up, again and again*

Day 14

Knocked down by circumstance, I muster the strength within to fight for what is true and meaningful. Getting back up, I'm an inspiration for others.

## *Filled with joy & having lots of fun*

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Humbly approaching life with all that I am, I accept all joy and sensory delights. All those holding respect and healthy boundaries. Powerfully, I am joyful.

## *Finding harmony*

Day 16

I seek a vocation that engages all of me, is of benefit to all involved and enables harmony with my entire life. Fearlessly being integrity, my heart is my valor.

## *Clarity for abundance*

Day 17

Finding clarity in vision, strategy and what's truly meaningful for all, I accept everything good my way. I am healthy, loving and abundant.

## *I am fulfilled & inspired*

Day 18

Finding stillness and loving to bits myself, I am completely fulfilled and deeply inspired. Accepting my abundance in service, I thrive with all that I am.