



**WITH EACH
EXHALE, I RELEASE
THE STRESS**

*my body
is carrying.*



**I FOCUS MY
ATTENTION,
THOUGHTS AND
ENERGY**

*on the things
i love.*



**IF I KEEP
TRYING,**
*it will get
easier.*



**IT'S ONLY A
THOUGHT AND A
THOUGHT CAN BE
CHANGED OR ALTERED.**



**I TRUST MY
INTUITION AND
WILL LISTEN**

*to where it's
guiding me.*



IT IS BRAVE
to ask for help.



**CHANGE IS
A PROCESS**
that takes time.



**I CHOOSE
TO FOCUS**
*on positive
thoughts.*



WITH EACH
EXHALE, I RELEASE
THE STRESS
MY BODY
IS CARRYING.



I FOCUS MY
ATTENTION,
THOUGHTS AND
ENERGY ON THE
THING I LOVE.



IF I KEEP
TRYING,
IT WILL GET
EASIER.



IT'S ONLY A
THOUGHT AND
A THOUGHT CAN
BE CHANGED
OR ALTERED.



I TRUST MY
INTUITION AND
WILL LISTEN TO
WHERE IT'S
GUIDING ME.



IT IS BRAVE
TO ASK FOR HELP.



CHANGE IS A
PROCESS THAT
TAKES TIME.



I CHOOSE
TO FOCUS
ON POSITIVE
THOUGHTS.