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SELF-ENCOURAGE MEDITATION

(script from Self-Encourage Video – also on website)

Self-encouragement is useful when others are not there to encourage. Ever notice how this negative self-critical loop goes around in our heads? We forget that we are lovable, that we can make a positive difference. We forget that we don't need to be perfect. Positive self-talk helps us to feel optimistic and caring towards ourselves and others which raises our well-being.

Repeat the following statements or make up your own (add music if you like):

I am a beautiful person

I focus on goodness

I contribute goodness to the world

I make mistakes but that's part of learning

Should I fail I will do my best to learn from it

My life is a wonderful gift

I live my life with courage

I focus on positive experiences

I care for myself and look for help when I need it

I choose to approach challenges positively

I am well and happy