

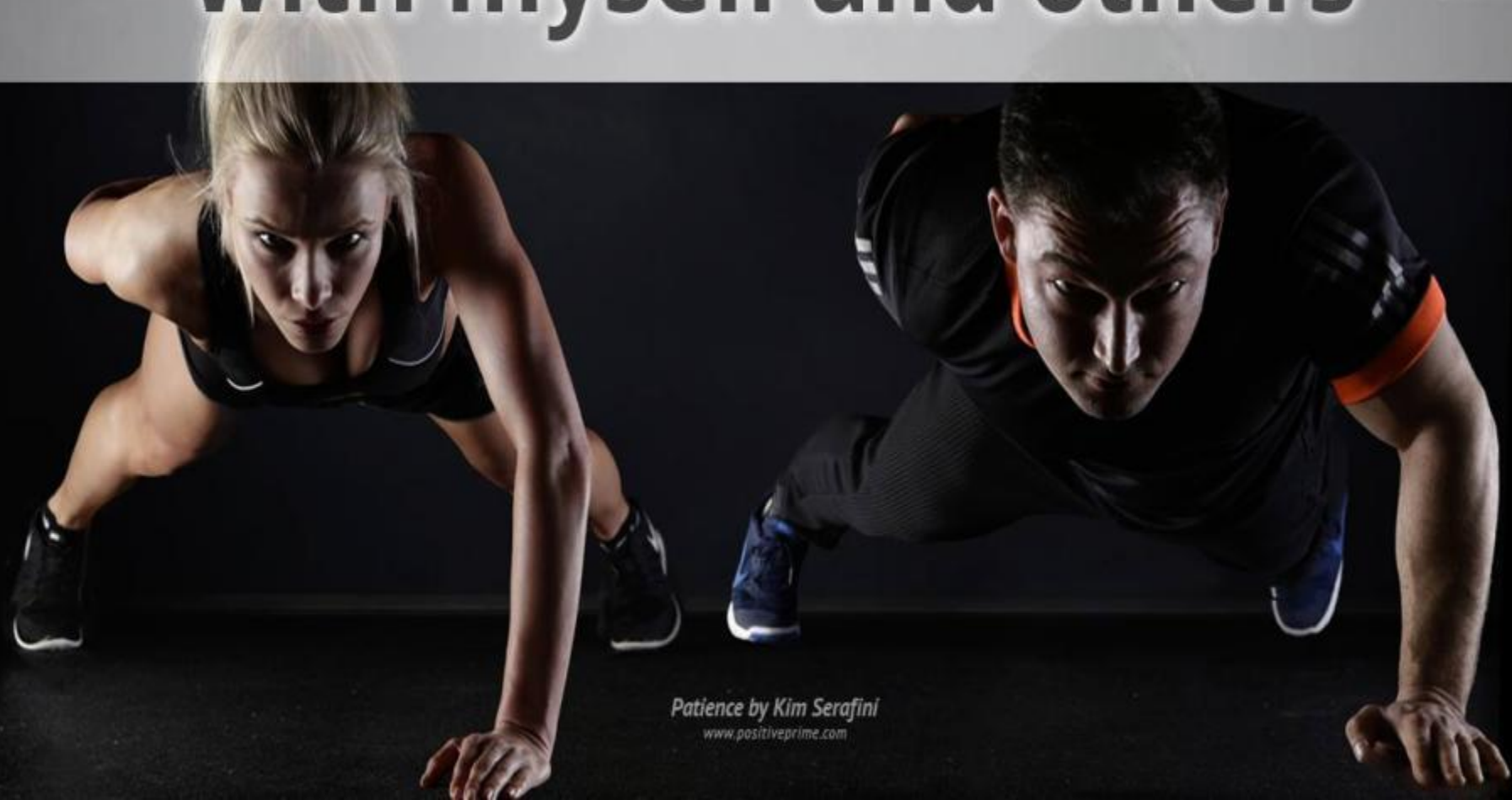
Kindness,  
compassion, tolerance  
and forgiveness are  
the cornerstones of  
unconditional love





I am responsible for  
**my choices and behavior**

Every day I grow more patient  
with myself and others



*Patience by Kim Serafini*  
[www.positiveprime.com](http://www.positiveprime.com)

I know that a degree of patience  
**is required in all things**



*Patience by Kim Serafini*

# I am patience personified

*Patience*



**I make decisions  
and take action in  
a timely fashion**



**Tell a third bedtime story**  
**it's worth it**




*Patience by Kim Serafini*  
[www.positiveprime.com](http://www.positiveprime.com)

A man in a blue and white checkered shirt and khaki pants is sitting on the grassy bank of a pond, fishing. He is holding a green fishing rod that extends across the frame. The sun is setting behind the water, creating a bright, golden glow that reflects on the pond's surface. The sky is filled with soft, golden clouds. The overall mood is peaceful and contemplative.

I patiently  
communicate with  
gentle awareness



A woman with blonde hair, wearing a white lab coat, a light blue surgical mask, and clear safety glasses, is shown in profile, looking down at a piece of equipment in a laboratory setting. The background is a soft, out-of-focus teal color.

I am one with  
everything and  
**everyone**

This stream flows  
to my dreams.  
Today I am content  
to be the leaf gently  
floating down  
the stream





With love and patience,  
**nothing is impossible**

My tolerance allows others  
**to be themselves**



*Patience by Kim Serafini*  
[www.positiveprime.com](http://www.positiveprime.com)

I try to be more  
**empathetic**



*Patience by Kim Serafini*

**I bring forth fruit  
with patience**

*Patience*




**I accept what is,  
even as I work  
to change it**



I now have the patience  
I've admired in others



A man in a blue and white checkered shirt and khaki pants is sitting on a grassy bank, fishing with a green rod. The scene is set at sunset, with the sun low on the horizon, casting a golden glow over the water and trees. The man is seen from the back, looking out over the lake. The text is overlaid on the left side of the image.

I have all the  
patience I need to care  
for those around me!

A woman with blonde hair, wearing a white lab coat, a light blue surgical mask, and clear safety glasses, is shown in profile, looking down at a piece of laboratory equipment. The background is a soft-focus laboratory setting with various pieces of equipment.

Tolerance comes  
**easily to me**

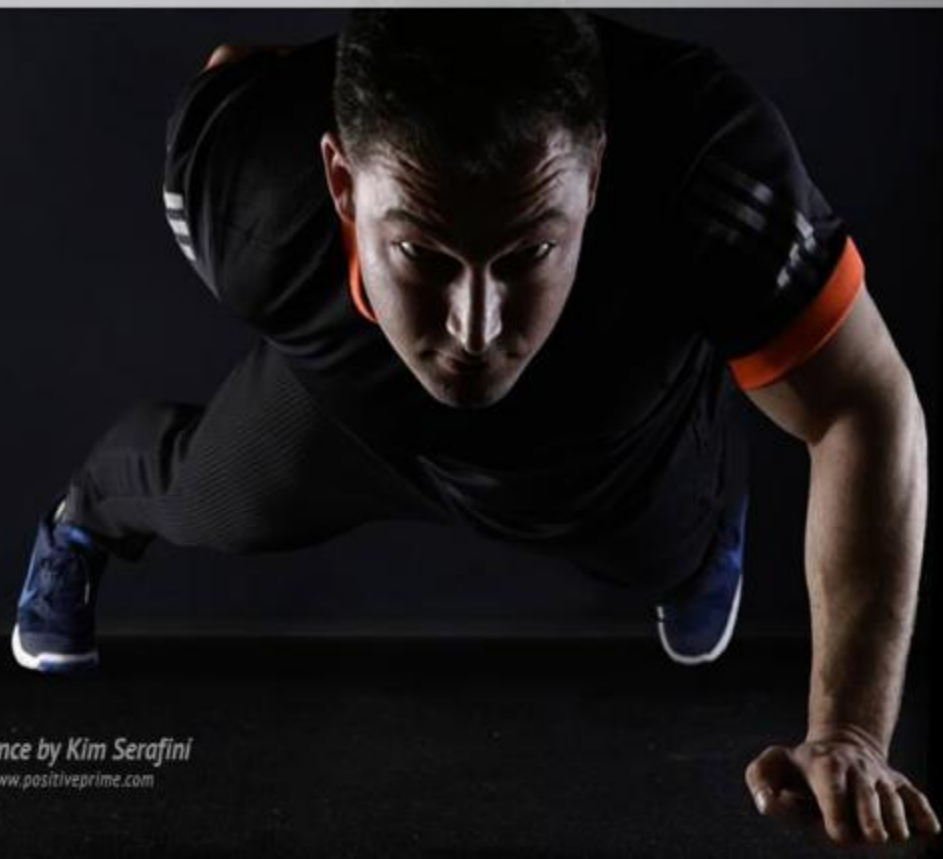
The lives of others  
are precious to me.  
I respect others by  
being patient and  
tolerant





My work environment  
is calm and peaceful

I love my friends  
with all of their quirks



*Patience by Kim Serafini*  
[www.positiveprime.com](http://www.positiveprime.com)

I am patient,  
**especially when I must**



*Patience by Kim Serafini*

**I have  
great patience**

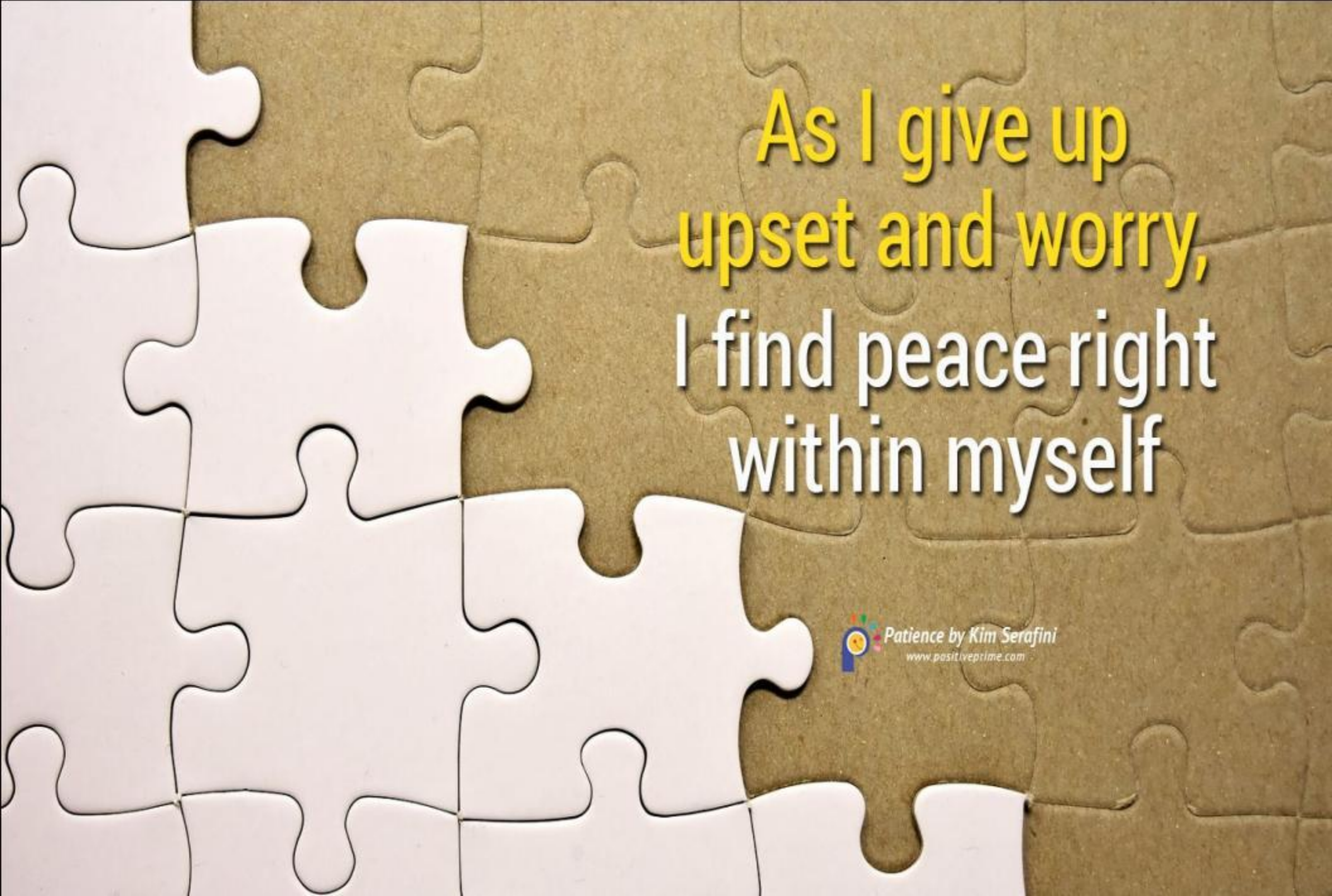
*Patience*




**I surround  
myself with  
peaceful people**








As I give up  
upset and worry,  
I find peace right  
within myself

A man in a blue and white checkered shirt and khaki pants is sitting on a grassy bank, fishing. He is holding a green fishing rod that extends across the frame. The background shows a calm lake reflecting the golden light of a sunset or sunrise, with trees and foliage visible on the right side. The overall mood is peaceful and contemplative.

I allow my internal  
voice to tell me  
when to act

A woman with blonde hair, wearing a white lab coat, a light blue surgical mask, and clear safety glasses, is shown in profile, looking down at a piece of equipment in a laboratory setting. The background is a soft, out-of-focus light blue.

My patience and  
tolerance provide  
**a high level of  
tranquility in my life**

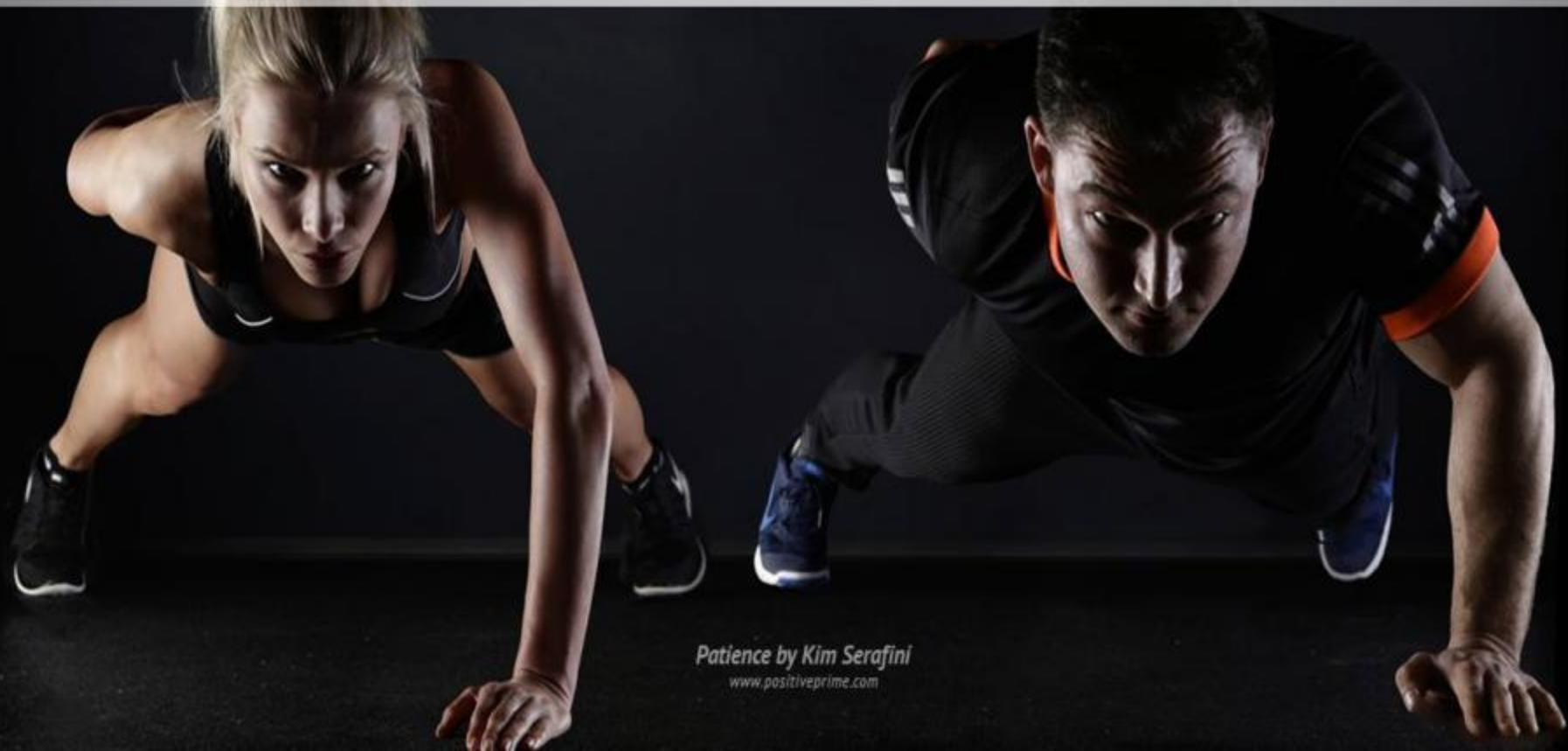
I am at peace. Divine  
peace and harmony  
surround me and dwell  
in me. I feel tolerance,  
compassion, and love  
for all people-including  
me!





I sow the seeds of peace  
wherever I go

I am patient and understanding  
with family members



*Patience by Kim Serafini*  
[www.positiveprime.com](http://www.positiveprime.com)

I know that good things come  
**to those who wait**



*Patience by Kim Serafini*

**I am more  
grateful**

*Patience*






**My world is a  
peaceful, loving,  
and joy-filled  
place to live**



I set an example of  
a peacemaker by  
promoting nonviolent  
responses

A man in a blue and white plaid shirt and khaki pants is sitting on a grassy bank, fishing. He is holding a green fishing rod that extends across the frame. The background shows a calm lake reflecting the golden light of a sunset or sunrise, with trees and foliage on the far bank. The overall mood is peaceful and contemplative.

It is my greatest  
desire to live each  
and every day with  
unlimited patience

A woman with blonde hair, wearing a white lab coat, a light blue surgical mask, and clear safety glasses, is shown in profile, looking down at a piece of paper she is holding. The background is a blurred laboratory setting. The text is overlaid on the right side of the image.

I practice  
praise rather  
**than criticism**

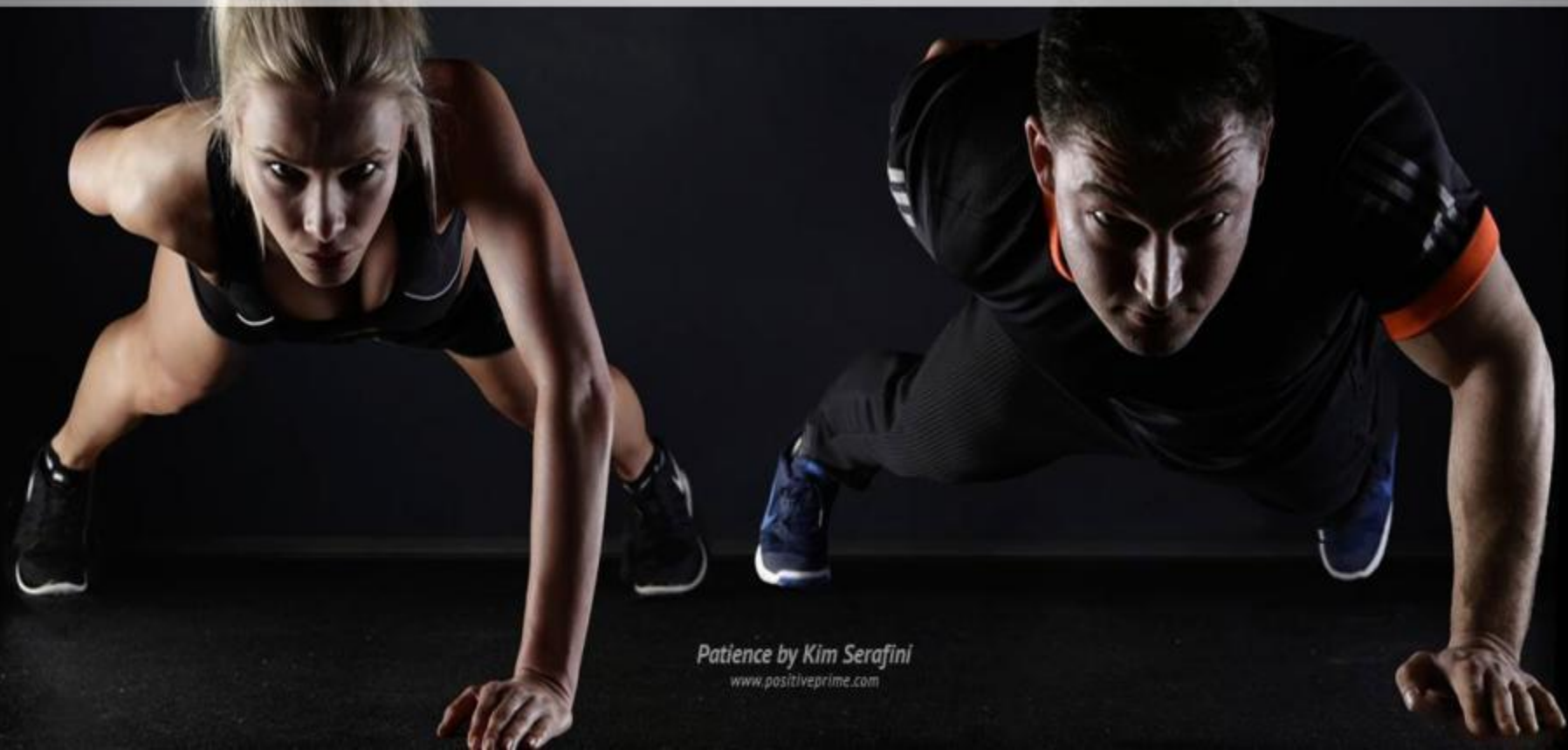
I am certain  
the outcome will be  
for my highest good,  
therefore I can wait  
without anxiety





Patience is a habit that  
**I nurture every day**

Today I exercise sincere patience  
with everyone I meet



*Patience by Kim Serafini*  
[www.positiveprime.com](http://www.positiveprime.com)

Today I stay patient  
through all things



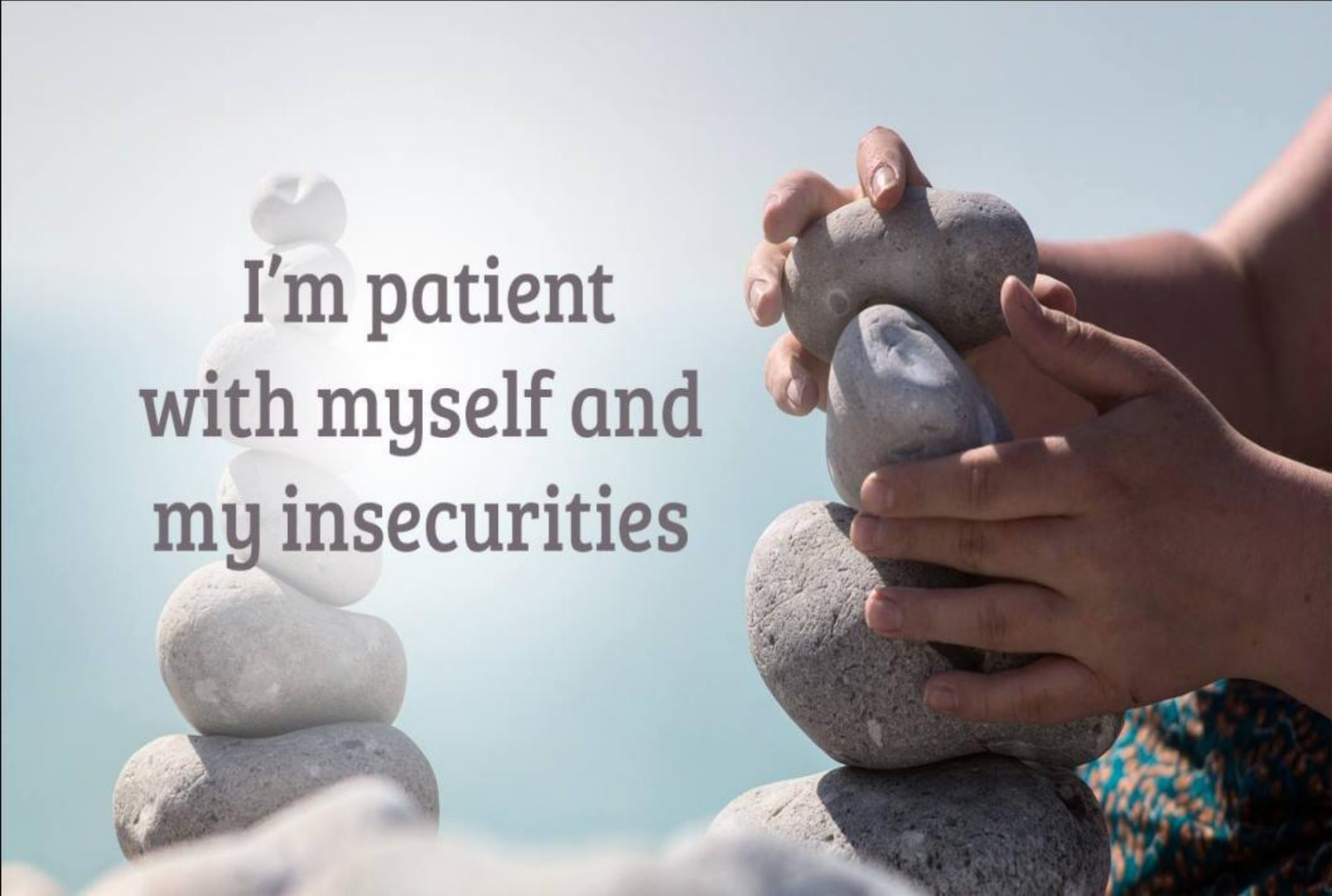
*Patience by Kim Serafini*



**I accept people  
as they are**


*Patience*





**I'm patient  
with myself and  
my insecurities**

I realize that my  
patience helps me  
to create the life  
I intend to live

A man in a blue and white checkered shirt and khaki pants is sitting on the grassy bank of a pond, fishing. He is holding a green fishing rod that extends across the frame. The sun is setting behind the water, creating a bright, golden glow that reflects on the pond's surface. The sky is filled with soft, golden clouds. The overall mood is peaceful and contemplative.

Today I will practice  
patience and loving  
kindness to everyone  
I encounter



I give blessings  
to  
**my global family**

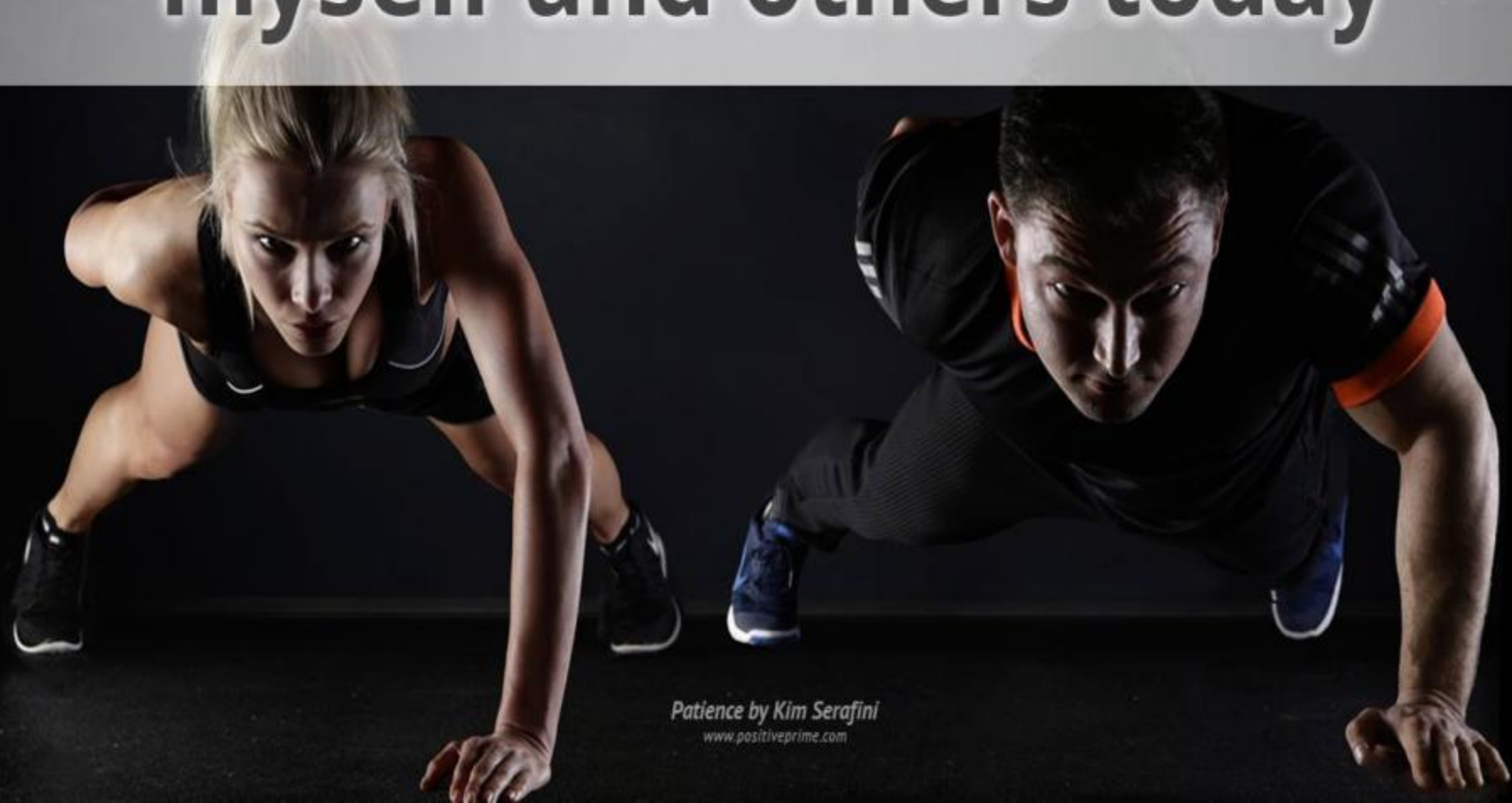
I possess an endless  
supply of creativity,  
energy and tolerance  
for any project that  
I assume





I am patient with myself  
when I get stuck

I am patient with  
myself and others today



*Patience by Kim Serafini*  
[www.positiveprime.com](http://www.positiveprime.com)



# Patience is a form of kindness



*Patience by Kim Serafini*

# I am more mindful


*Patience*



**I appreciate  
the patience of  
others today**



I treat all children  
with care, knowing  
that I serve as a  
model for them

A man in a blue and white checkered shirt and khaki pants is sitting on a grassy bank, fishing with a green rod. The scene is set at sunset, with the sun low on the horizon, casting a golden glow over the water and sky. The man is seen from the back, looking out over the lake. The text is overlaid on the left side of the image.

Today,  
I am becoming more  
patient and tolerant



I myself will  
practice patient loving  
**tolerance today**

With patience and  
an empowered  
mindset, even  
my wrong turns can  
lead to right roads!



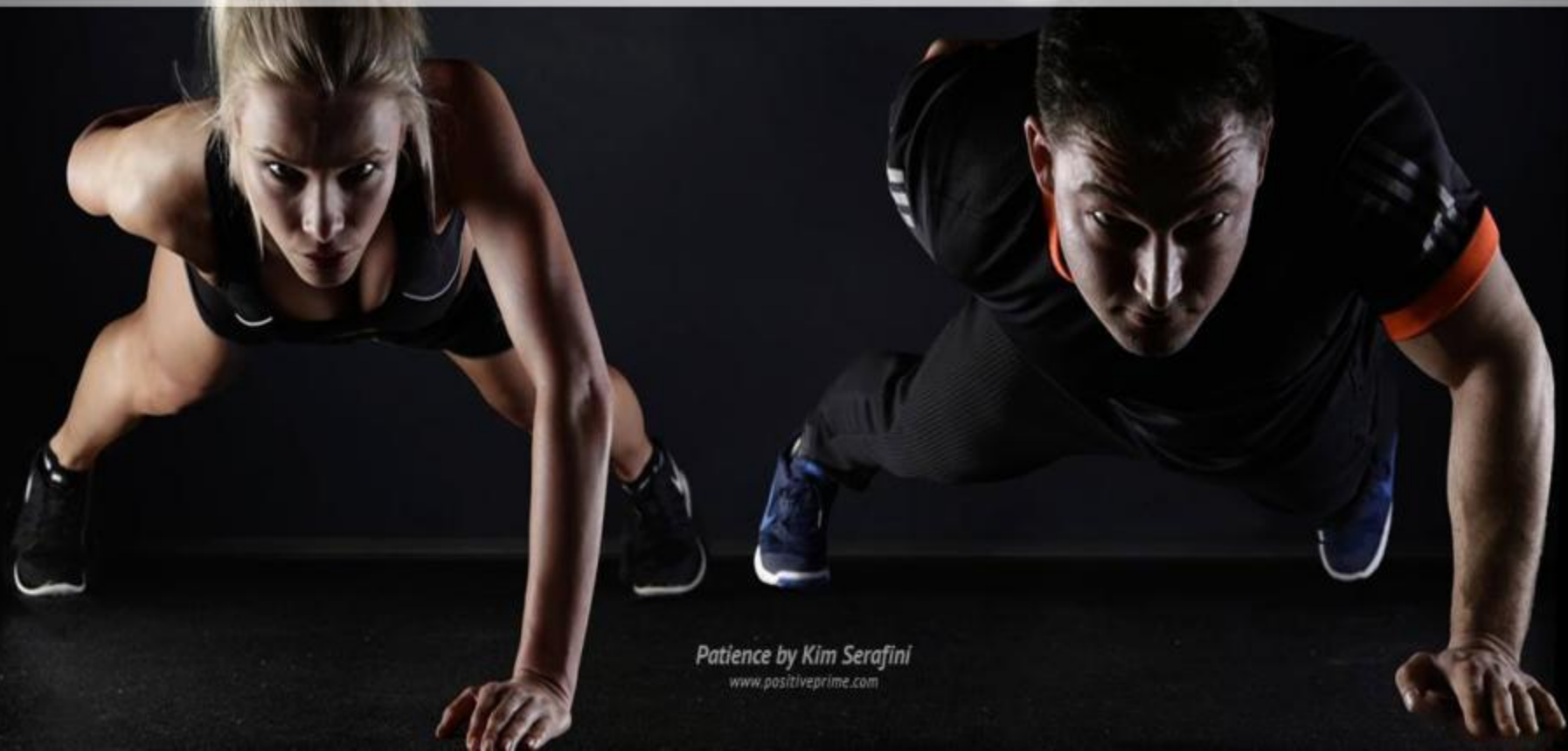


Patience and perseverance have  
a magical effect before which  
difficulties disappear and obstacles  
vanish

~ John Quincy Adams



# Science-backed benefit of patience: Patient people are better friends and neighbors



*Patience by Kim Serafini*  
[www.positiveprime.com](http://www.positiveprime.com)

# Stick with it



*Patience by Kim Serafini*

# I am a better listener

*Patience*




**I know that  
great mountains  
are scaled one step  
at a time**



My home is a  
peaceful sanctuary

where I feel  
safe and happy

A man in a blue and white plaid shirt and khaki pants is sitting on the grassy bank of a lake, fishing. He is holding a green fishing rod that extends across the frame. The sun is setting behind the water, creating a bright, golden glow that reflects on the lake's surface. The sky is filled with soft, golden clouds. The overall mood is peaceful and contemplative.

I remind myself  
that patience and  
tolerance are lacking  
in the world

A woman with blonde hair, wearing a white lab coat, a light blue surgical mask, and clear safety glasses, is shown in profile, looking down at a piece of paper she is holding. The background is a blurred laboratory setting with a whiteboard.

|  
**forgive**

I open my own  
blessed heart to  
mercifully receiving  
and accepting all  
others just as they are

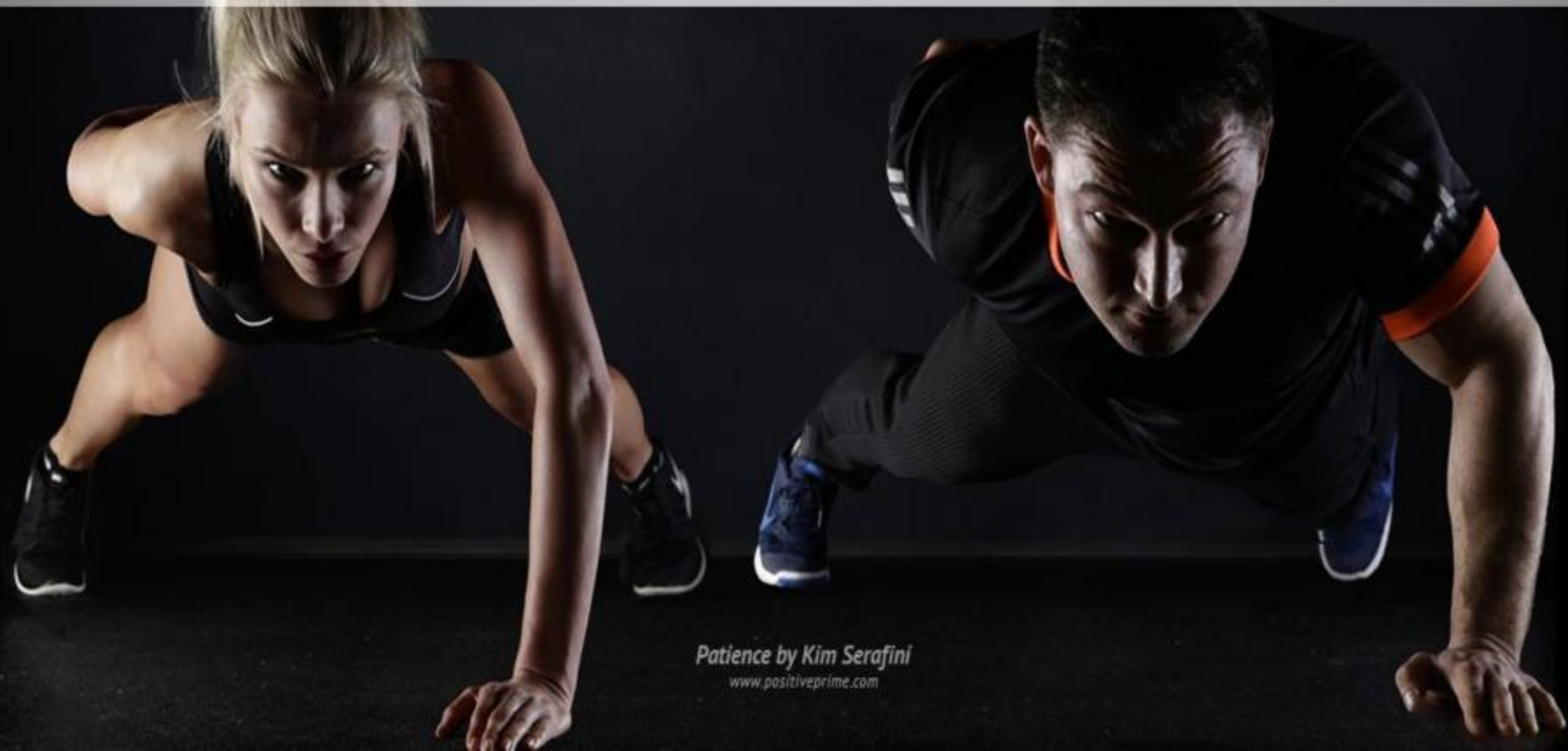






I ensure that what I want  
**does not affect my patience**

I now have the patience  
I've admired in others



*Patience by Kim Serafini*  
[www.positiveprime.com](http://www.positiveprime.com)

I reflect on what peace  
means to me



*Patience by Kim Serafini*

**Wait**  
**calmly**


*Patience*



**I exercise mindful  
attention rather  
than waste time  
with impatience**



I am patient  
with myself and  
becoming even  
more patient

A man in a blue and white checkered shirt and khaki pants is sitting on the grassy bank of a pond, fishing. He is holding a green fishing rod that extends across the frame. The background shows a sunset over the water, with golden light reflecting on the surface and silhouettes of trees and clouds. The overall mood is peaceful and contemplative.

I choose to be patient  
with and kind to  
myself today

A woman with blonde hair, wearing a white lab coat, a light blue surgical mask, and clear safety glasses, is shown in profile, looking down at a piece of equipment in a laboratory setting. The background is a soft, out-of-focus teal color.

I have all the  
patience I need  
**to care for those  
around me!**



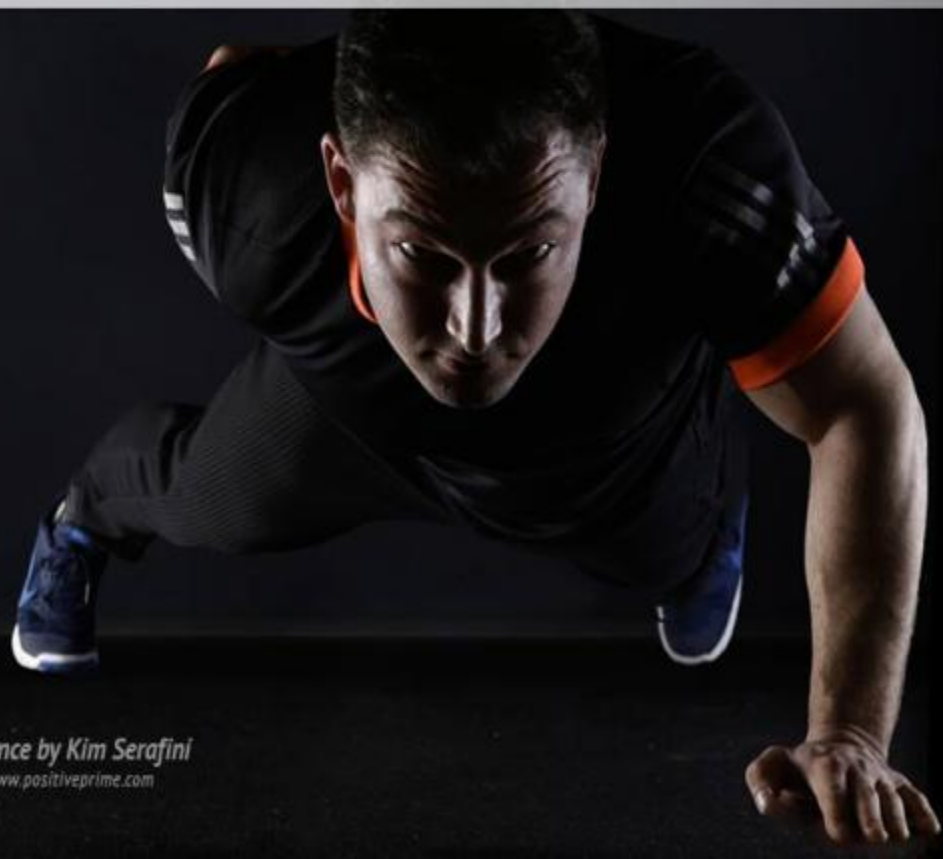
I am able to work easily and effectively with others. I am free from the need to judge them or to make them conform to my expectations





Wait for your injury  
to heal

I show great patience  
in the face of difficulty!



*Patience by Kim Serafini*  
[www.positiveprime.com](http://www.positiveprime.com)

I have all the time  
**in the world**



*Patience by Kim Serafini*

**I am strong enough  
to be patient**

*Patience*



**Breathing in,  
I accept nature's  
pace. Breathing out,  
I see my dreams  
manifesting in  
the journey**



I respect the beliefs  
of others and  
look for the good  
in everyone

A man in a blue and white checkered shirt and khaki pants is sitting on a grassy bank, fishing with a green rod. The scene is set at sunset, with the sun low on the horizon, casting a golden glow over the water and the sky. The water reflects the sunset, and the sky is filled with soft, golden clouds. The man is seen from the back, looking out over the lake.

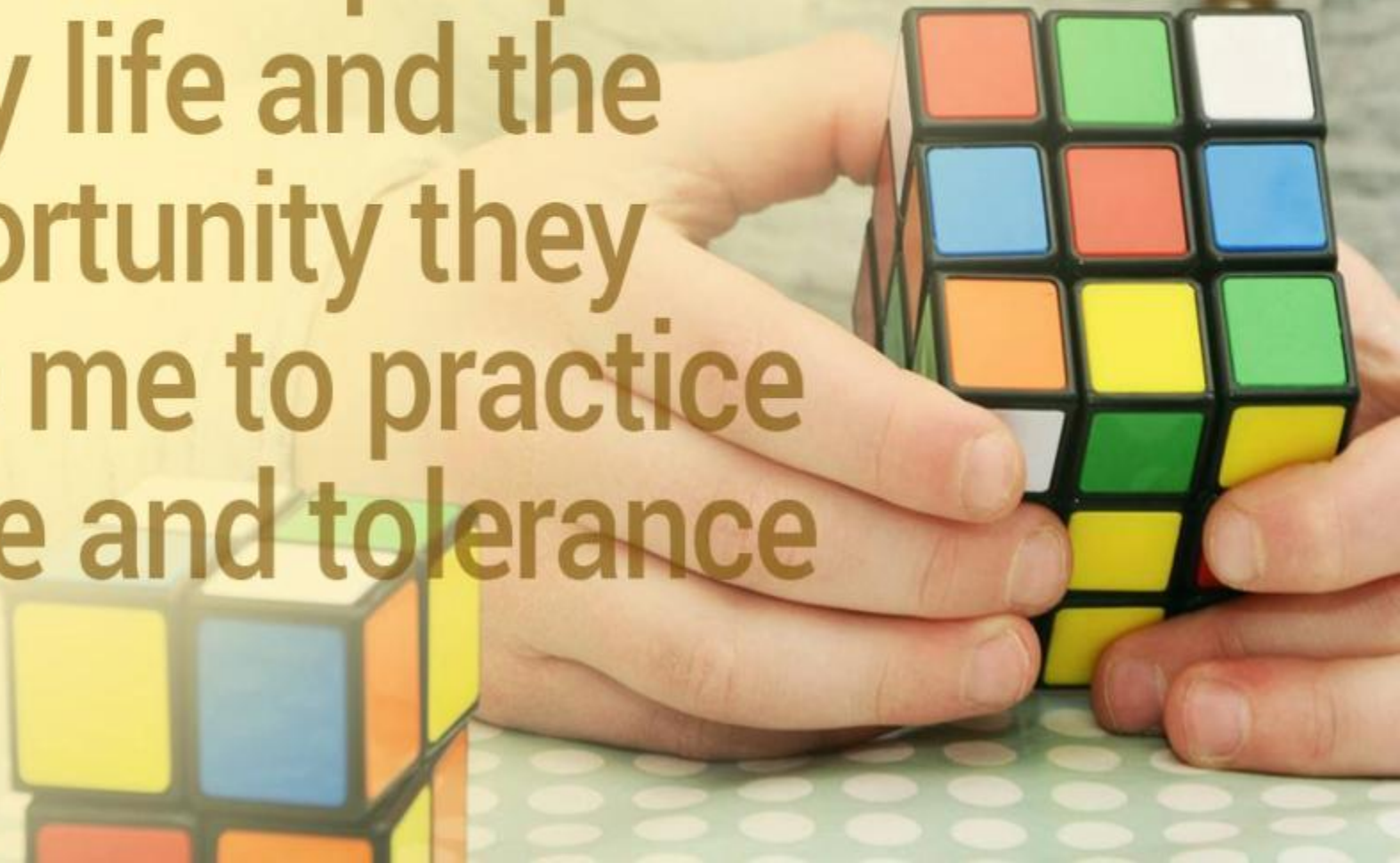
Today's  
disappointments are the  
fertilizer for tomorrow's  
achievements



A woman with blonde hair, wearing a white lab coat, a light blue surgical mask, and clear safety glasses, is shown in profile, looking down at a piece of equipment in a laboratory setting. The background is a soft, out-of-focus teal color.

Patience allows  
you to control yourself  
**in the midst of  
circumstances**

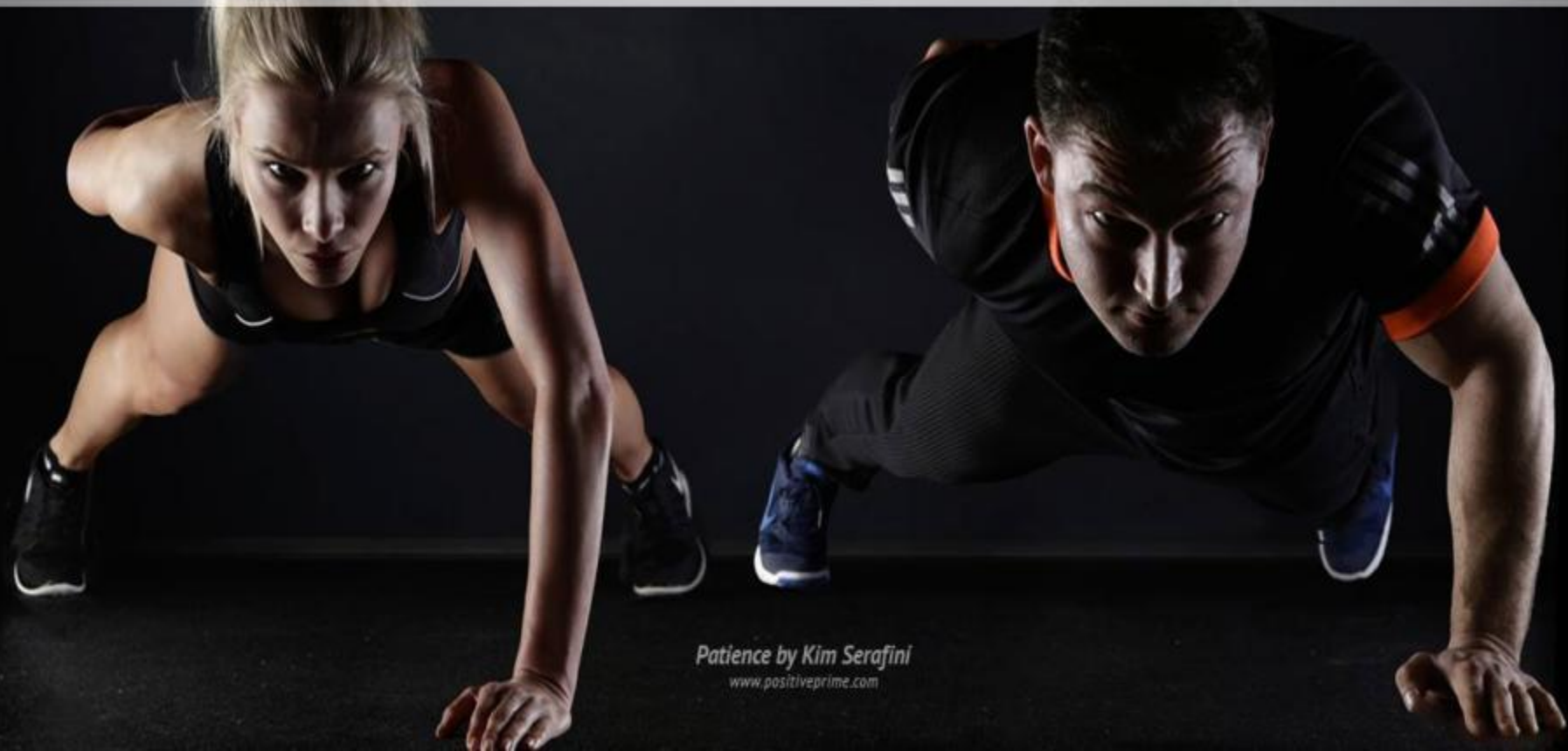
I am grateful for  
the difficult people  
in my life and the  
opportunity they  
provide me to practice  
patience and tolerance





Better things really do come  
for those who wait

Patience is linked to TRUST  
in the people around us



*Patience by Kim Serafini*  
[www.positiveprime.com](http://www.positiveprime.com)

I stay calm and collected  
**at all times**



*Patience by Kim Serafini*


**I am**  
**poised and patient**

*Patience*




**I enjoy hearing  
opinions that differ  
from my own**





I accept others exactly  
for who they are



A man in a blue and white plaid shirt and khaki pants is sitting on the grassy bank of a lake, fishing. He is holding a green fishing rod that extends across the frame. The sun is setting behind the trees, creating a warm, golden glow that reflects on the water. The scene is peaceful and contemplative.

I open my heart to  
forgiveness and know  
that justice comes  
only from within

A woman with blonde hair, wearing a white lab coat, a light blue surgical mask, and clear safety glasses, is shown in profile, looking down at a piece of equipment in a laboratory setting. The background is a soft, out-of-focus teal color.

I have patience  
**to spare**

I recognize that  
everything I do matters  
to my life, to those  
I know, and to others  
I may never know

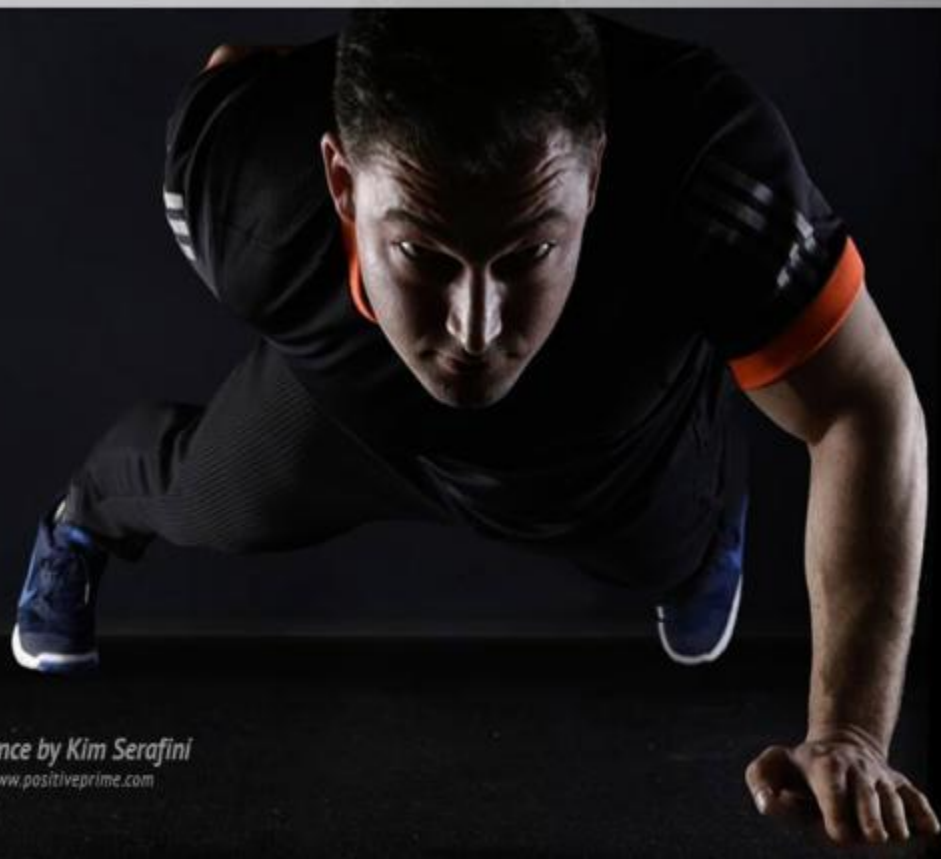




Science-backed benefit of patience:

**Patient people enjoy  
better mental health**

I patiently wait for others to  
**finish speaking before I speak**



*Patience by Kim Serafini*  
[www.positiveprime.com](http://www.positiveprime.com)

I accept that there will be  
**challenges**



*Patience by Kim Serafini*

**I respond peacefully  
in all situations**


*Patience*




**I can weather any  
situation if I am  
patient enough**







I interact with  
my family in a  
relaxed and  
peaceful manner

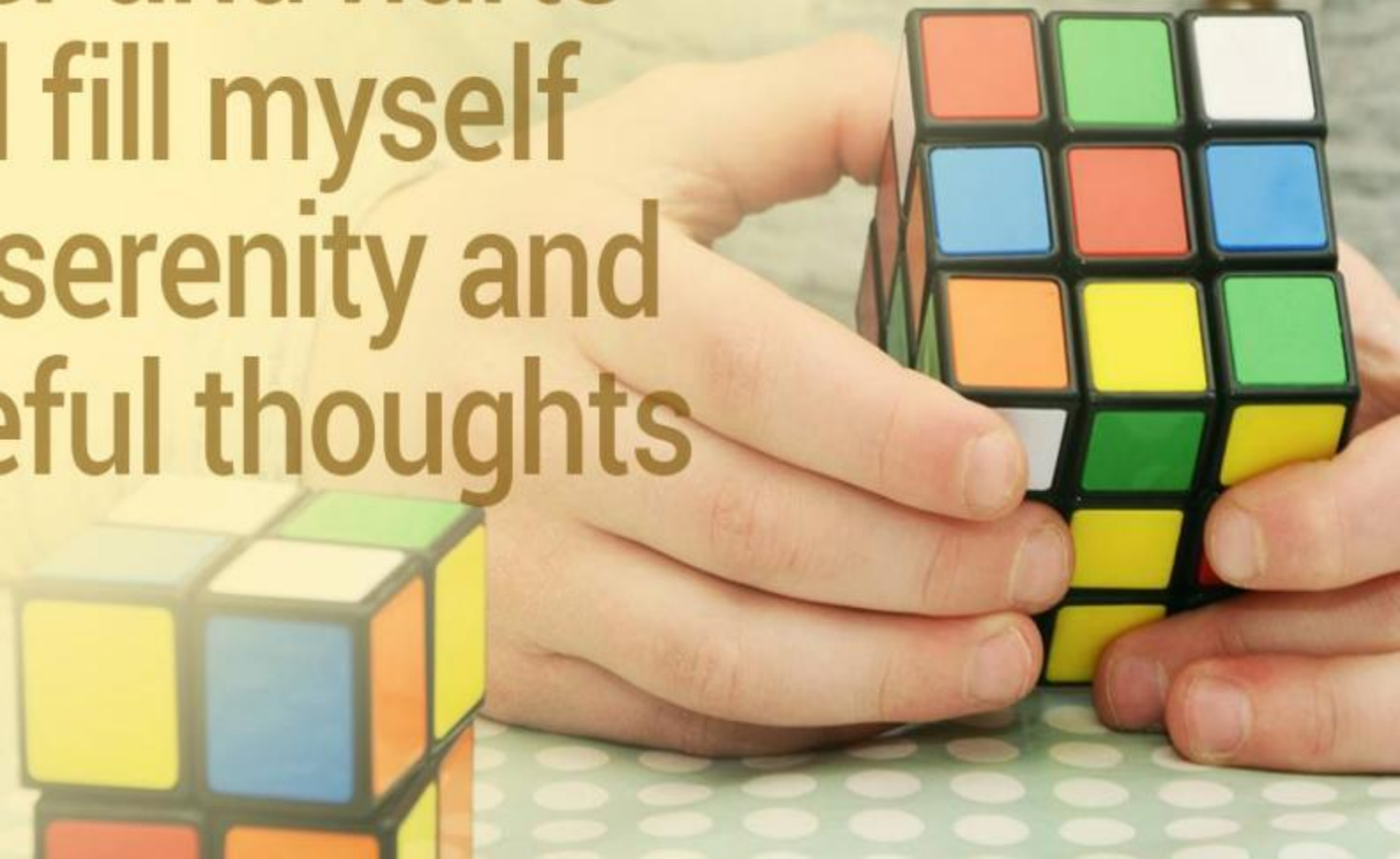
A man in a blue and white checkered shirt and khaki pants is sitting on a grassy bank, fishing with a green rod. The scene is set at sunset, with the golden light of the sun reflecting on the water and creating a warm, hazy atmosphere. The man is seen from the back, looking out over the lake.

Waiting for my heart's  
desire never makes  
me impatient

A woman with blonde hair, wearing a white lab coat, a light blue surgical mask, and clear safety glasses, is shown in profile, looking down at a piece of equipment in a laboratory setting. The background is a soft-focus laboratory environment with various pieces of equipment.

I embrace patience  
**in every moment**

I release past  
anger and hurts  
and fill myself  
with serenity and  
peaceful thoughts





I know that patience is  
**more than just waiting...**  
**it is persisting**

I exercise patience  
in all that I undertake



*Patience by Kim Serafini*  
[www.positiveprime.com](http://www.positiveprime.com)

I am gentle with my efforts  
**to improve my life**




*Patience by Kim Serafini*

# Stay Present

*Patience*









**Patience makes  
a difference with  
tranquility**

I see waiting as a  
perfect opportunity  
to affirm and  
visualize my goals

A man in a blue and white checkered shirt and khaki pants is sitting on a grassy bank, fishing with a green rod. The scene is set at sunset, with the golden light of the sun reflecting on the water and creating a warm, peaceful atmosphere. The man is seen from the back, looking out over the lake.

I strive to search  
with patience for the  
good in every person  
and situation

A woman with blonde hair, wearing a white lab coat, a light blue surgical mask, and clear safety glasses, is shown in profile, looking down at a piece of paper she is holding. The background is a blurred laboratory setting. The text is overlaid on the right side of the image.

I let go of  
the tension from  
**thinking too much**

I am becoming  
more PATIENT,  
knowing that each  
day I move one step  
closer to everything  
I want





I send peace from myself  
**into the world**

Patient people  
are more hopeful



*Patience by Kim Serafini*  
[www.positiveprime.com](http://www.positiveprime.com)

I am open  
to others' opinions



*Patience by Kim Serafini*



**I am  
disciplined**


*Patience*



**My WHAT is  
more important  
than my WHEN!**



I choose to  
embrace peace  
and eliminate  
conflict

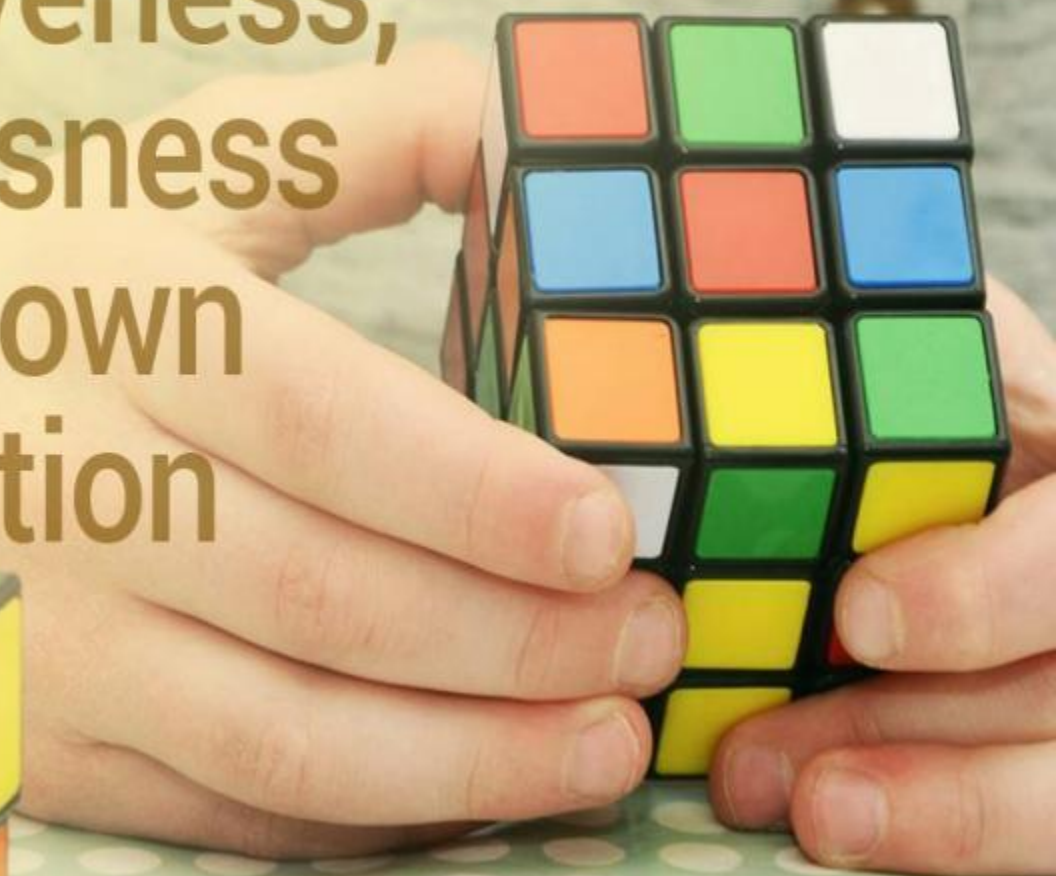
A man in a blue and white checkered shirt and khaki pants is sitting on a grassy bank, fishing. He is holding a green fishing rod that extends across the frame. The background shows a calm lake reflecting the golden light of a sunset or sunrise, with trees and foliage on the far bank. The overall mood is peaceful and contemplative.

I am ready for  
today to be the day,  
but I'm with my dreams  
for the long haul

A woman with blonde hair, wearing a white lab coat, safety glasses, and a light blue face mask, is shown in profile, looking down at a piece of equipment in a laboratory setting. The background is a soft, out-of-focus light blue.

I gift myself time to  
**forgive myself**

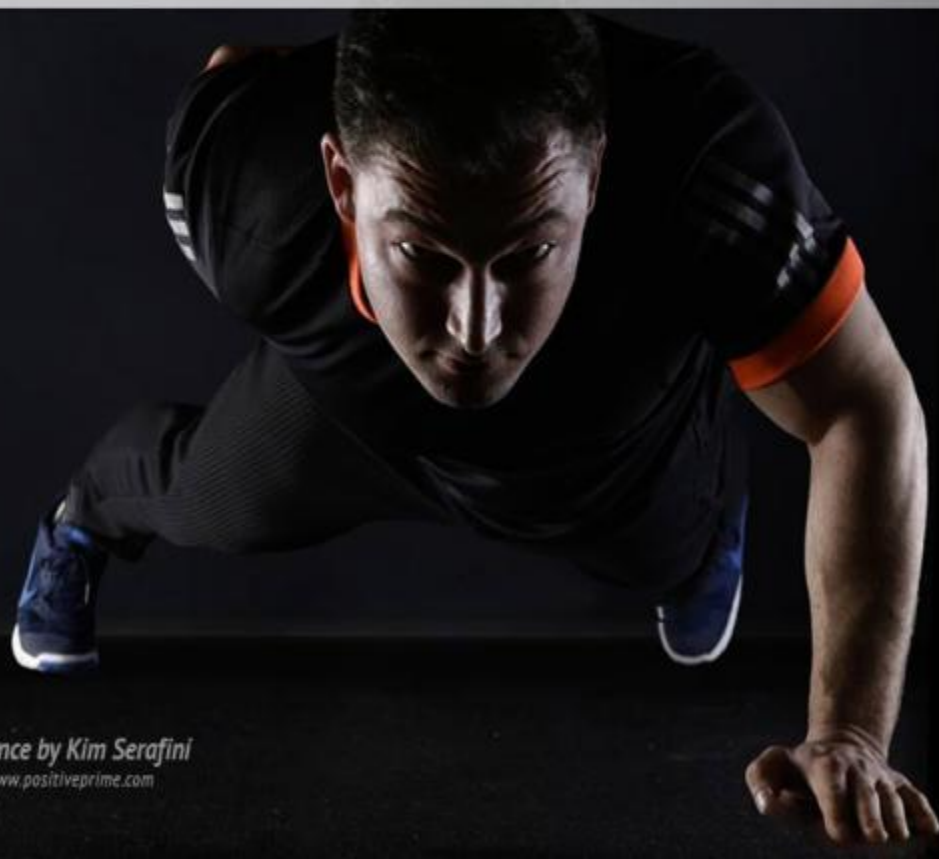
Through compassion,  
tolerance, forgiveness,  
and all graciousness  
I express my own  
natural affection





Today's patience pays  
**tomorrow's dividends**

My patience helps me  
solve problems more easily



*Patience by Kim Serafini*  
[www.positiveprime.com](http://www.positiveprime.com)



With patience and optimism,  
**I achieve all that I desire**



*Patience by Kim Serafini*

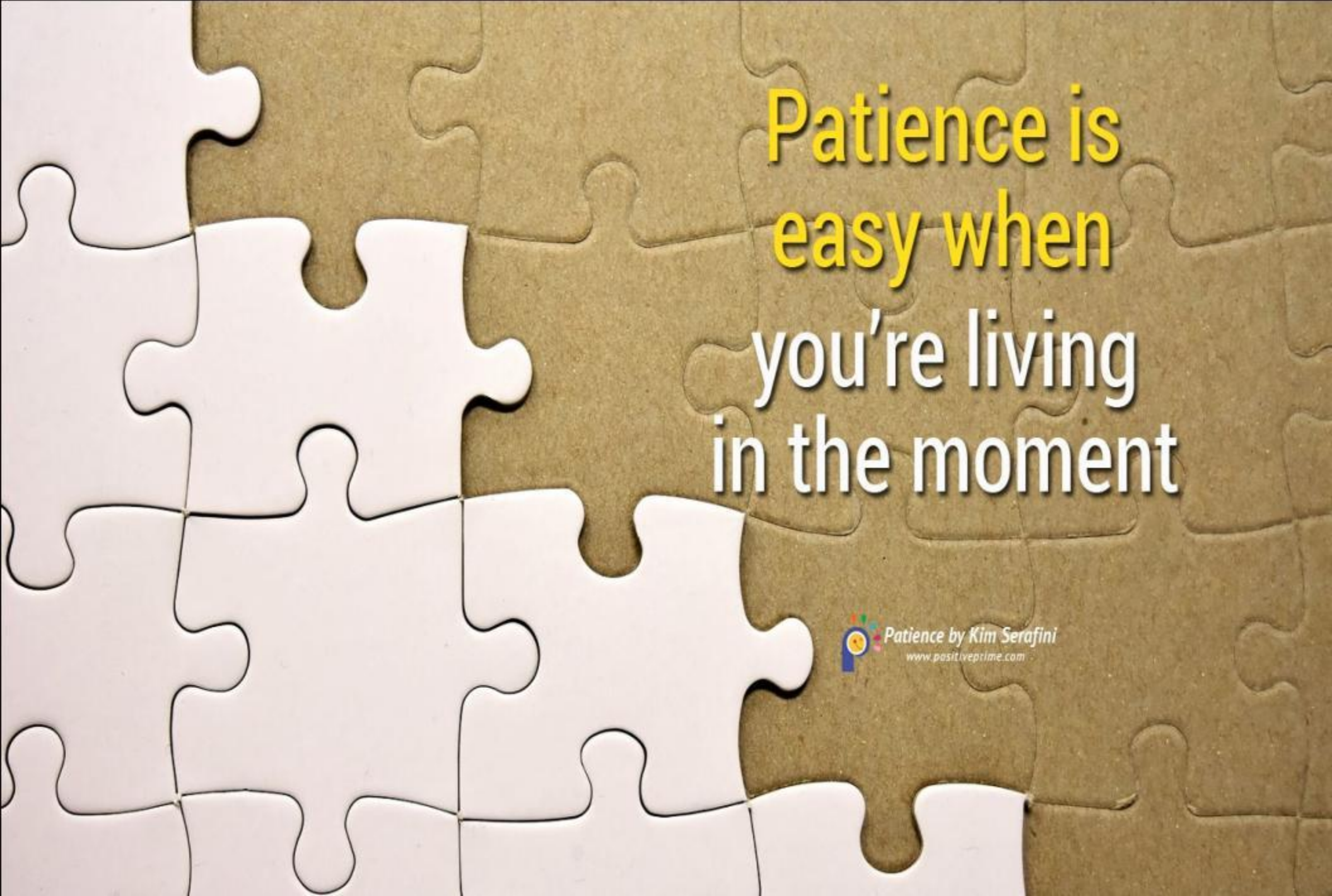
# I celebrate the diversity of life

*Patience*

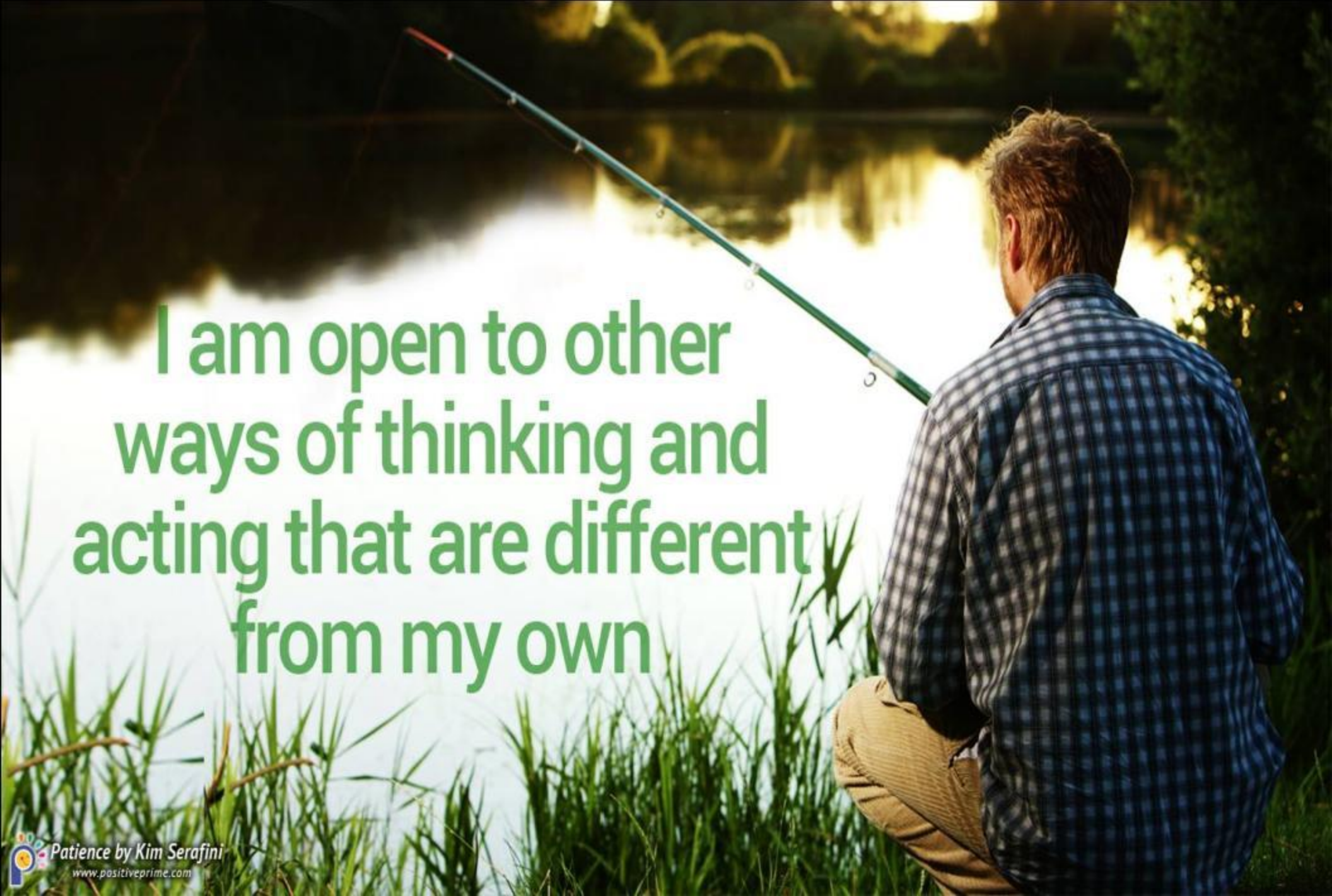


**Be persistent  
& allow things  
to work**






Patience is  
easy when  
you're living  
in the moment

A man in a blue and white checkered shirt and khaki pants is sitting on the grassy bank of a pond, fishing. He is holding a green fishing rod that extends across the frame. The sun is setting behind the pond, creating a bright, golden glow that reflects on the water. The sky is filled with soft, golden clouds. The overall mood is peaceful and contemplative.

I am open to other  
ways of thinking and  
acting that are different  
from my own

A woman with blonde hair, wearing a white lab coat, a light blue surgical mask, and clear safety glasses, is shown in profile, looking down at a piece of paper she is holding. The background is a soft-focus laboratory setting. The overall image has a light teal overlay.

My patience  
is beneficial  
**to me, too**

Patience is  
positive inner action  
that refuses to give  
in to negative  
conditions

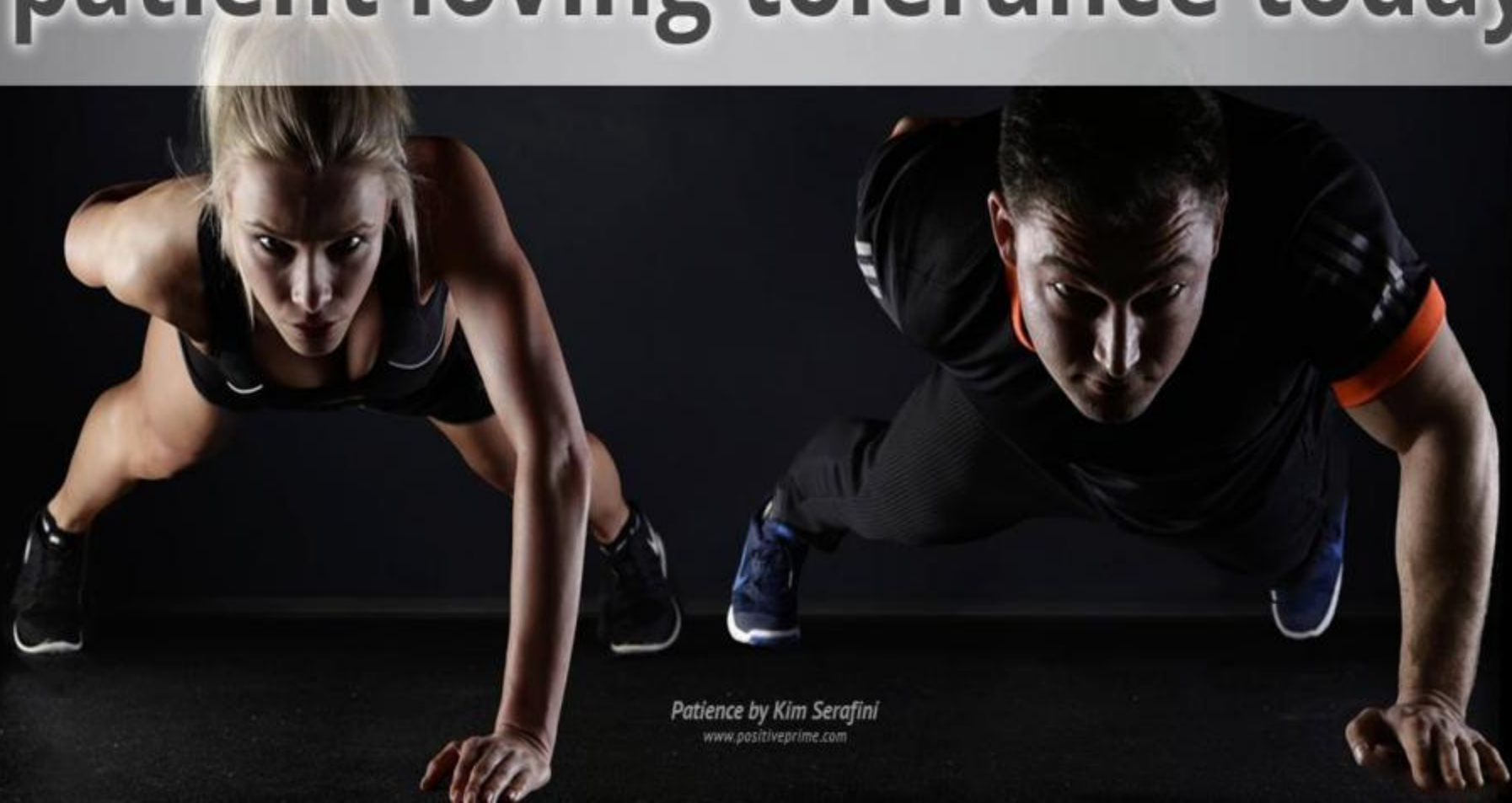




I radiate great patience  
in every situation



I myself will practice  
patient loving tolerance today



*Patience by Kim Serafini*  
[www.positiveprime.com](http://www.positiveprime.com)

I see the beauty  
in every culture



*Patience by Kim Serafini*

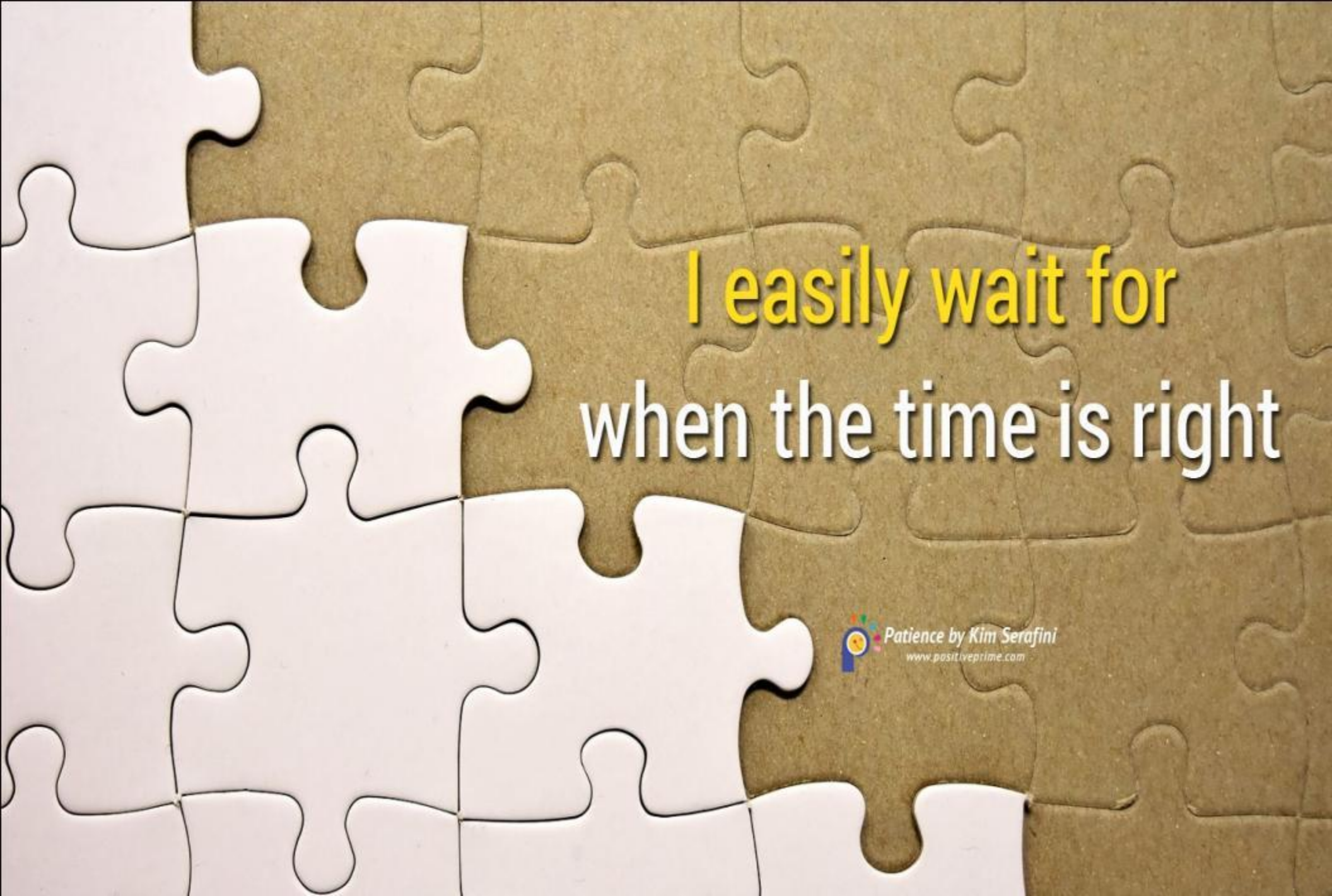
**I find the time to be  
patient today**

*Patience*






**I accept  
and love myself  
unconditionally**



**I easily wait for**  
**when the time is right**

A man in a blue and white plaid shirt and khaki pants is sitting on a grassy bank, fishing. He is holding a green fishing rod that extends across the frame. The background shows a calm lake reflecting the golden light of a sunset or sunrise, with trees and foliage on the far bank. The overall mood is peaceful and contemplative.

I am aware of how  
I am feeling and I think  
about how to express  
myself in healthy ways

A woman with blonde hair, wearing a white lab coat, a light blue surgical mask, and clear safety glasses, is shown in profile, looking down at a piece of paper she is holding. The background is a soft-focus laboratory setting. The overall image has a light teal overlay.

I am patient  
and  
**persistent**

I face challenges  
bravely with humor  
and gratitude for  
what I already have  
accomplished







I show great patience  
in the face of difficulty

# Patience and I are now good friends



*Patience by Kim Serafini*  
[www.positiveprime.com](http://www.positiveprime.com)

I wish everyone  
I encounter the best

*Patience by Kim Serafini*




**I am  
warm**

*Patience*



**My patience gives  
others the space  
they need to grow  
and flourish**





Being patient is  
easier when I am  
focused in the  
present moment

A man in a blue and white checkered shirt and khaki pants is sitting on a grassy bank, fishing with a green rod. The background shows a calm lake reflecting the golden light of a sunset. The sky is filled with soft, golden clouds. The overall mood is peaceful and contemplative.

I send  
blessings/prayers to  
my human family

A woman with blonde hair, wearing a white lab coat, a light blue surgical mask, and clear safety glasses, is shown in profile, looking down at a piece of paper she is holding. The background is a soft, out-of-focus laboratory setting. The overall tone is professional and focused.

Today I bless  
my being with  
**perfect patience**



With every breath  
I take, I am bringing  
more and more  
patience into  
my life





Today I stay patient  
**through all things**

I appreciate that some things  
take more time than others



*Patience by Kim Serafini*  
[www.positiveprime.com](http://www.positiveprime.com)

# Reframe situations to allow patience



*Patience by Kim Serafini*

**I am as patient  
as a turtle**

*Patience*




**I practice  
goodness and  
treat everyone  
with respect**



I drive with  
tolerance and patience



Patience by Kim Serafini  
[www.positiveprime.com](http://www.positiveprime.com)

A man in a blue and white checkered shirt and khaki pants is sitting on a grassy bank, fishing with a green rod. The scene is set at sunset, with the golden light of the sun reflecting on the water and creating a peaceful atmosphere. The man is seen from the back, looking out over the lake.

I breathe in peace,  
I breathe out chaos  
and disorder





I truly respect  
differences  
**of opinion**

I choose to be  
a catalyst, creating  
success in my life  
and the lives of  
those I meet





My patience  
is wearing thick

I am patient and understanding  
with others



*Patience by Kim Serafini*  
[www.positiveprime.com](http://www.positiveprime.com)

What I focus on  
**I will attain**




*Patience by Kim Serafini*

# I am the epitome of patience

*Patience*






**I remain patient  
in all areas of  
my life today**

In all conversations  
I actively listen  
to gain meaningful  
information



A man in a blue and white checkered shirt and khaki pants is sitting on a grassy bank, fishing. He is holding a green fishing rod that extends across the frame. The background shows a pond with a bright sunset or sunrise, with the sun low on the horizon and its light reflecting on the water. The sky is filled with soft, golden clouds. The overall mood is peaceful and contemplative.

I see having to wait  
as a perfect opportunity  
to be still and go within

A woman with blonde hair, wearing a white lab coat, safety glasses, and a light blue face mask, is shown in profile, looking down at a piece of equipment in a laboratory setting. The background is a soft, out-of-focus light blue.

I am present  
to and cherish  
**my thoughts,  
feelings & emotions**

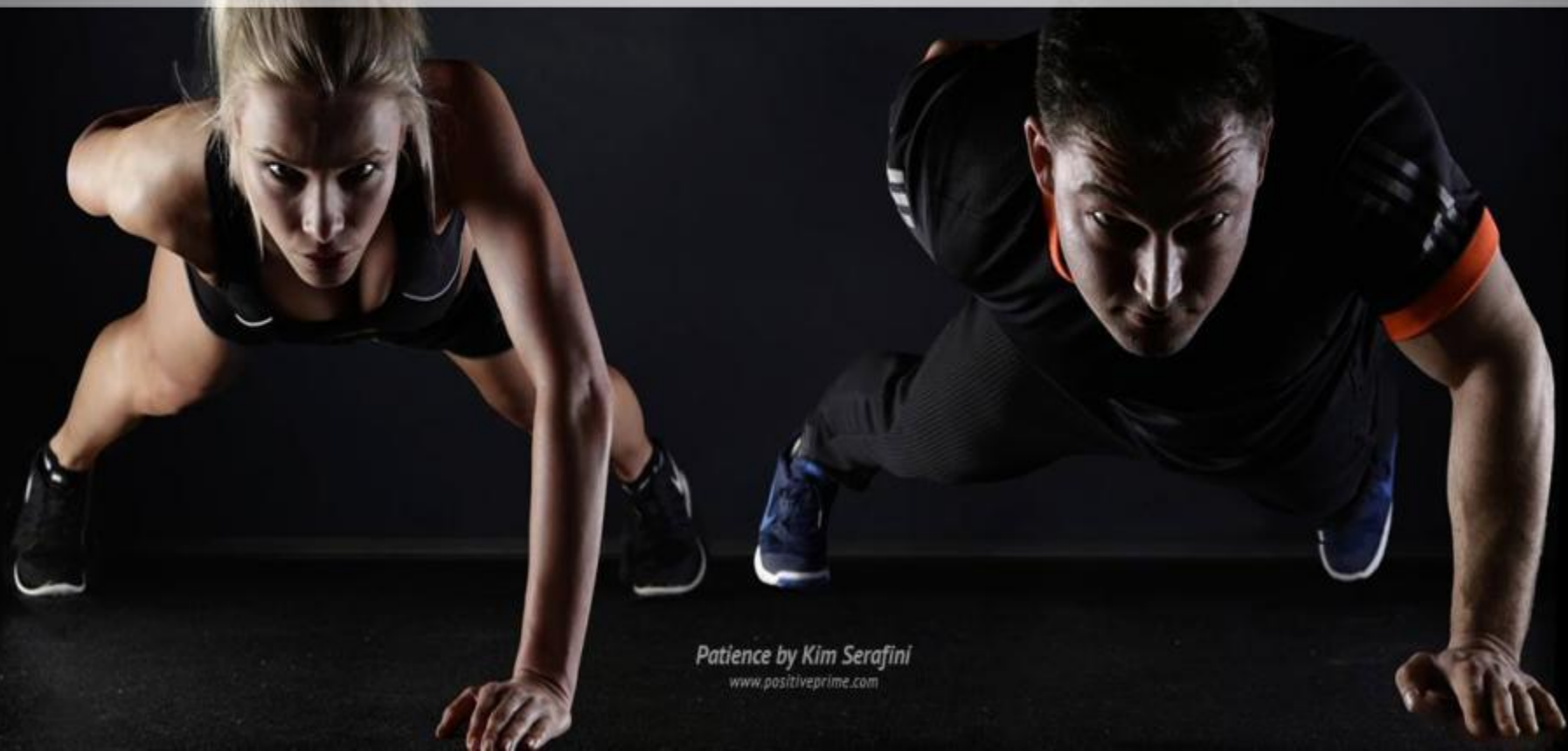
I conquer  
impatience by  
finding more  
interesting things  
to do while I wait





In all that I say and do,  
**I choose peace**

I accept that sometimes things  
just take longer than planned



*Patience by Kim Serafini*  
[www.positiveprime.com](http://www.positiveprime.com)

I remain patient in all areas  
**of my life today**



*Patience by Kim Serafini*

# I have self-control

*Patience*



**Patience is  
my middle name  
today and always**





The road to  
achievement  
is a long one -  
requiring patience

A man in a blue and white plaid shirt and khaki pants is sitting on the grassy bank of a pond, fishing. He is holding a green fishing rod that extends across the frame. The sun is setting behind the water, creating a bright, golden glow that reflects on the pond's surface. The sky is filled with soft, golden clouds. The overall mood is peaceful and contemplative.

I cause a ripple  
effect of good by  
an act of kindness  
toward another



I treat the elderly  
I encounter with  
**respect and dignity**

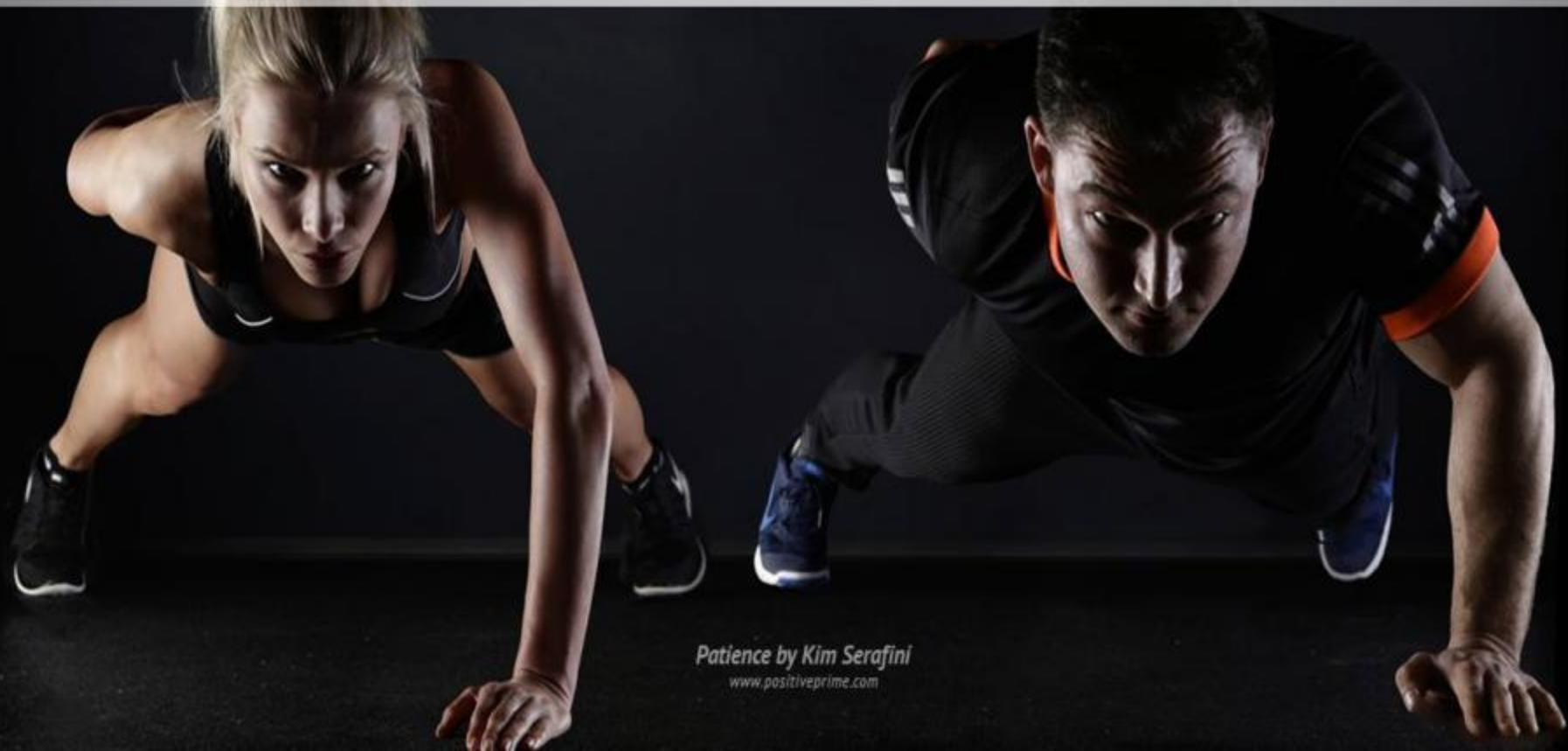
I practice  
compassion and  
forgiveness by  
apologizing to  
someone whom  
I have hurt





I have patience  
to spare

Patient people tend  
to be more cooperative



*Patience by Kim Serafini*  
[www.positiveprime.com](http://www.positiveprime.com)

My life unfolds  
at perfect speed



*Patience by Kim Serafini*

# I tolerate flaws in others

*Patience*





**I have much  
patience and  
understanding**



I am very tolerant  
when things  
take longer than  
I would like

A man in a blue and white checkered shirt and khaki pants is sitting on the grassy bank of a lake, fishing. He is holding a green fishing rod that extends across the frame. The sun is setting behind the water, creating a bright, golden glow that reflects on the lake's surface. The sky is filled with soft, golden clouds. The overall mood is peaceful and contemplative.

I am patient  
with my lack  
of patience

A woman with blonde hair, wearing a white lab coat, a light blue surgical mask, and clear safety glasses, is shown in profile, looking down at a piece of equipment in a laboratory setting. The background is a soft, out-of-focus teal color.

I am the epitome  
**of patience**

No road is too long  
to the man who  
advances deliberately  
and without  
undue haste

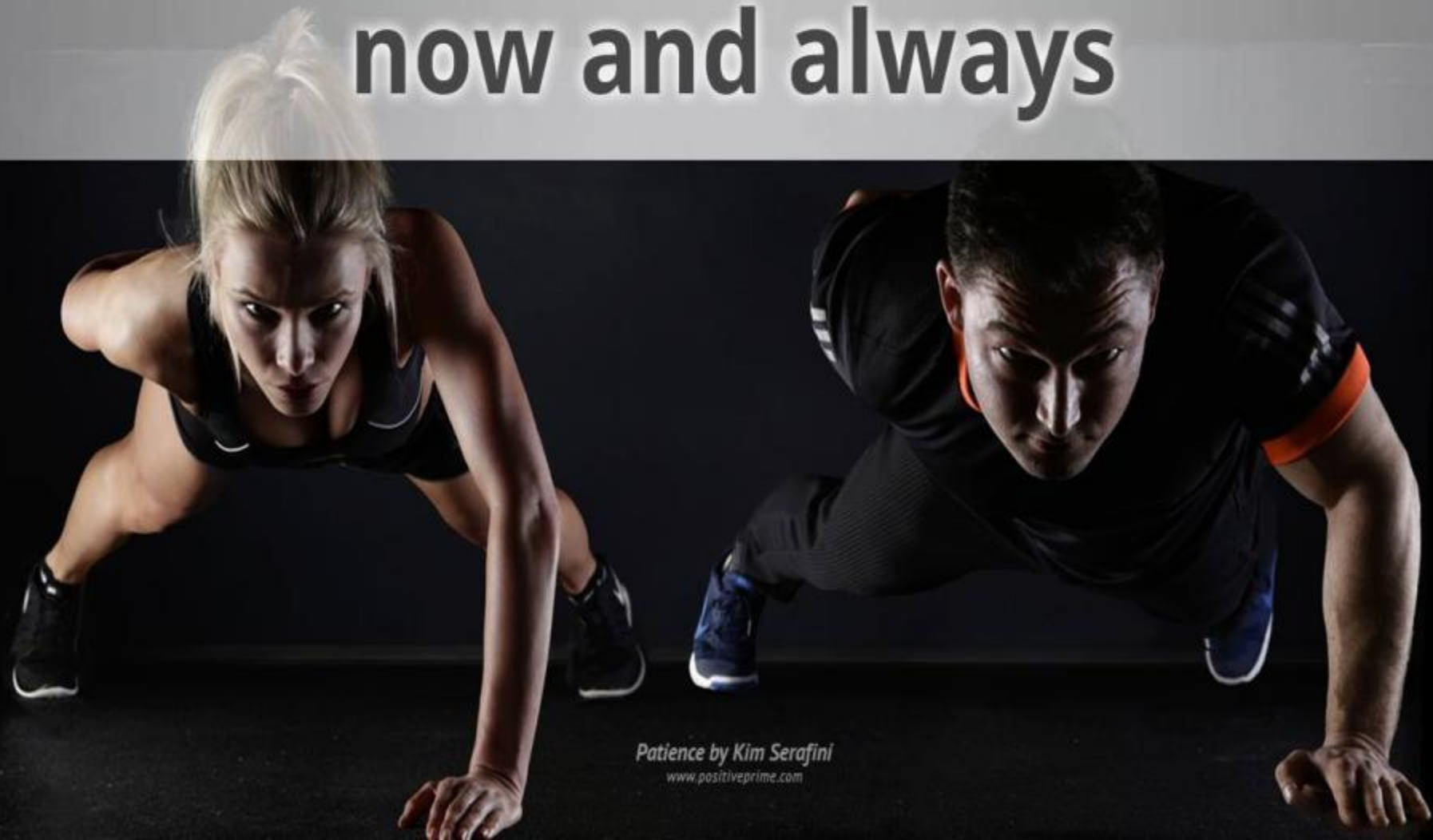
(Bruyere)





I practice the virtue  
of patience

Peace descends all around me  
**now and always**



*Patience by Kim Serafini*  
[www.positiveprime.com](http://www.positiveprime.com)

I possess  
deep patience



*Patience by Kim Serafini*




**I am**  
**agreeable**

*Patience*




**I choose to be  
successful,  
transforming  
woes to wonders**





I give all  
patience and  
time thoughts  
over to God

A man in a blue and white plaid shirt and khaki pants is sitting on a grassy bank, fishing with a green rod. The scene is set at sunset, with the golden light of the sun reflecting on the water and creating a warm, serene atmosphere. The man is seen from the back, looking out over the lake.

I reflect on whom  
I need to forgive and  
take at least one step  
in that direction

A woman with blonde hair, wearing a white lab coat, a white surgical mask, and clear safety glasses, is shown in profile, looking down at something in her hands. The background is a blurred laboratory setting. The text is overlaid on the right side of the image.

I commit myself  
to developing the  
**highest level of  
patience in my life**

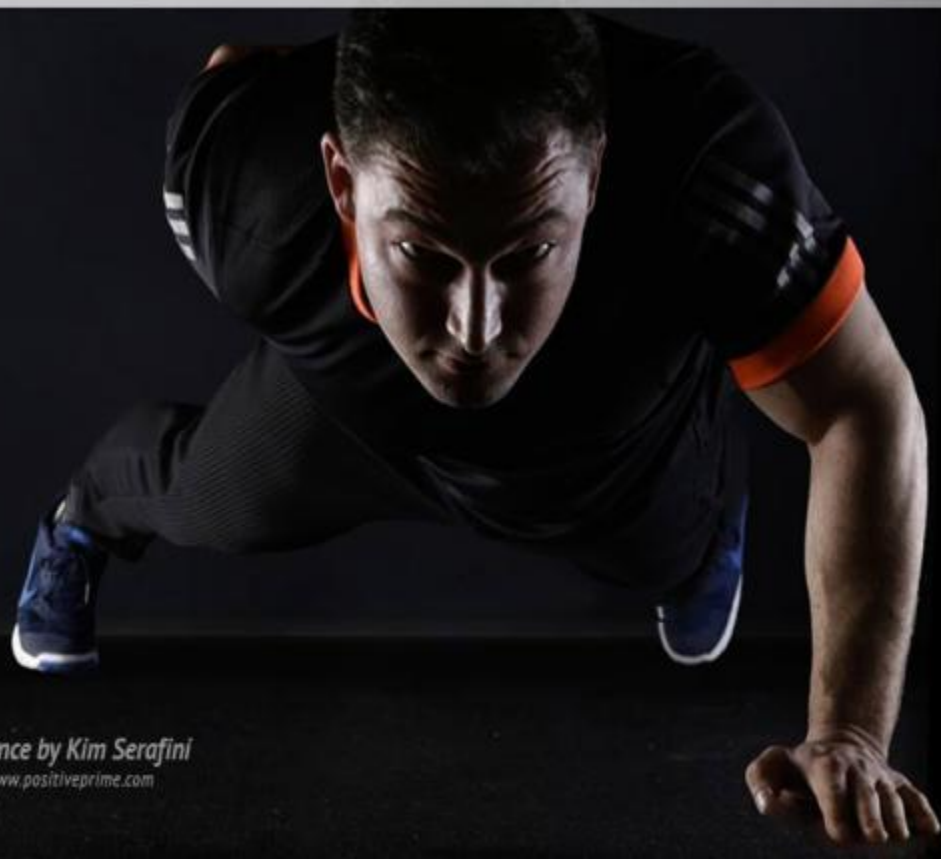
I know that all great  
accomplishments  
require patience  
and persistence





I grow more patience  
with myself every day

My long-term dreams are bigger  
than my short-term needs



*Patience by Kim Serafini*  
[www.positiveprime.com](http://www.positiveprime.com)



All my heart's desires come to me  
in the perfect time



*Patience by Kim Serafini*

**I am  
tolerant**

*Patience*



**I recognize that  
my words and  
actions directly  
affect others**






Patience - the gift  
of being able

to see past  
the emotion

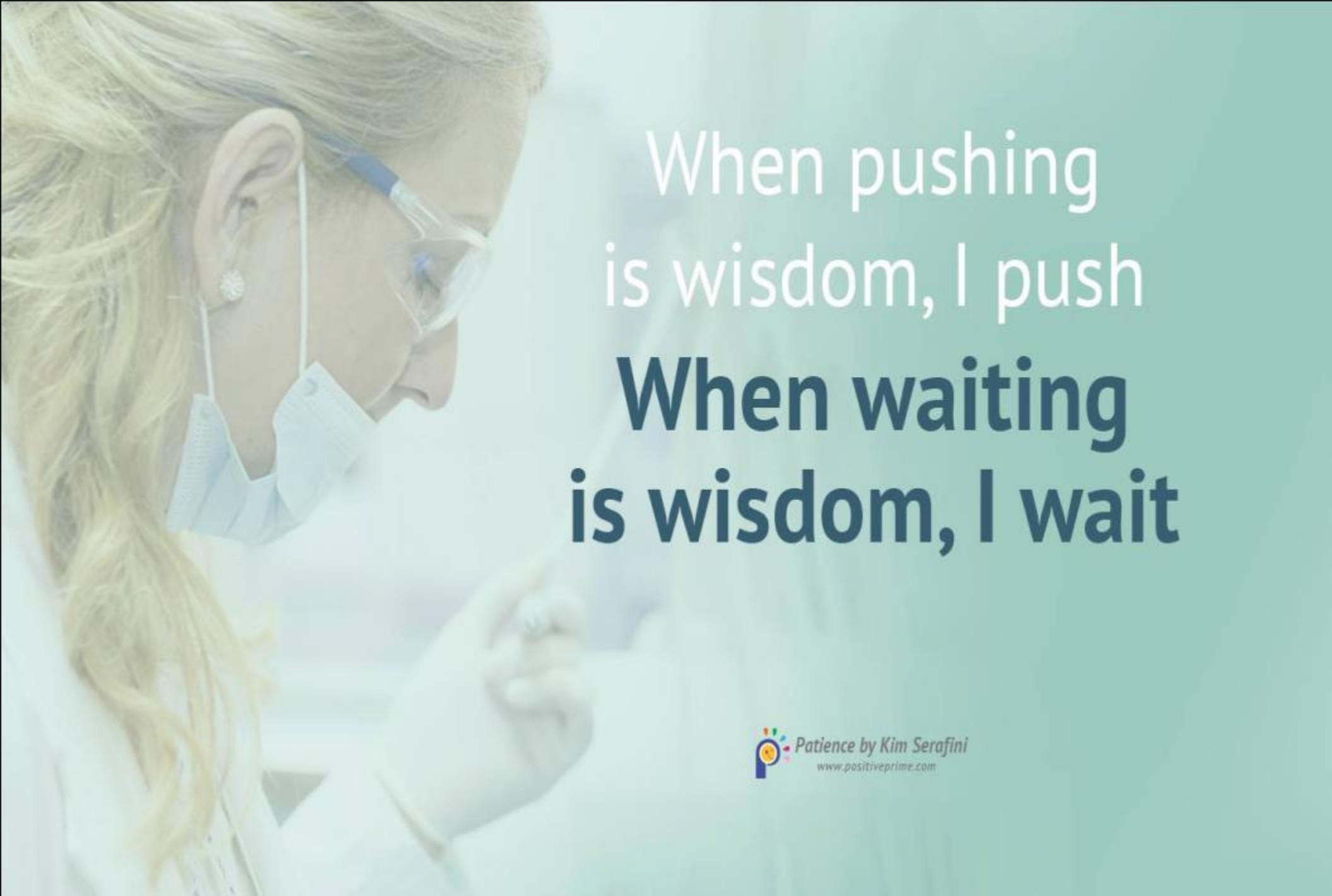


Patience by Kim Serafini

[www.positiveprime.com](http://www.positiveprime.com)

A man in a blue and white checkered shirt and khaki pants is sitting on a grassy bank, fishing with a green rod. The scene is set at sunset, with the golden light of the sun reflecting on the water and creating a warm, peaceful atmosphere. The man is seen from the back, looking out over the lake.

I am patient with  
myself and others  
today

A woman with blonde hair, wearing a white lab coat, a light blue surgical mask, and clear safety glasses, is shown in profile, looking down at a piece of equipment in a laboratory setting. The background is a soft, out-of-focus teal color.

When pushing  
is wisdom, I push  
**When waiting  
is wisdom, I wait**

Being patient  
is one of the top  
priorities in my life,  
and I practice this  
feeling every day

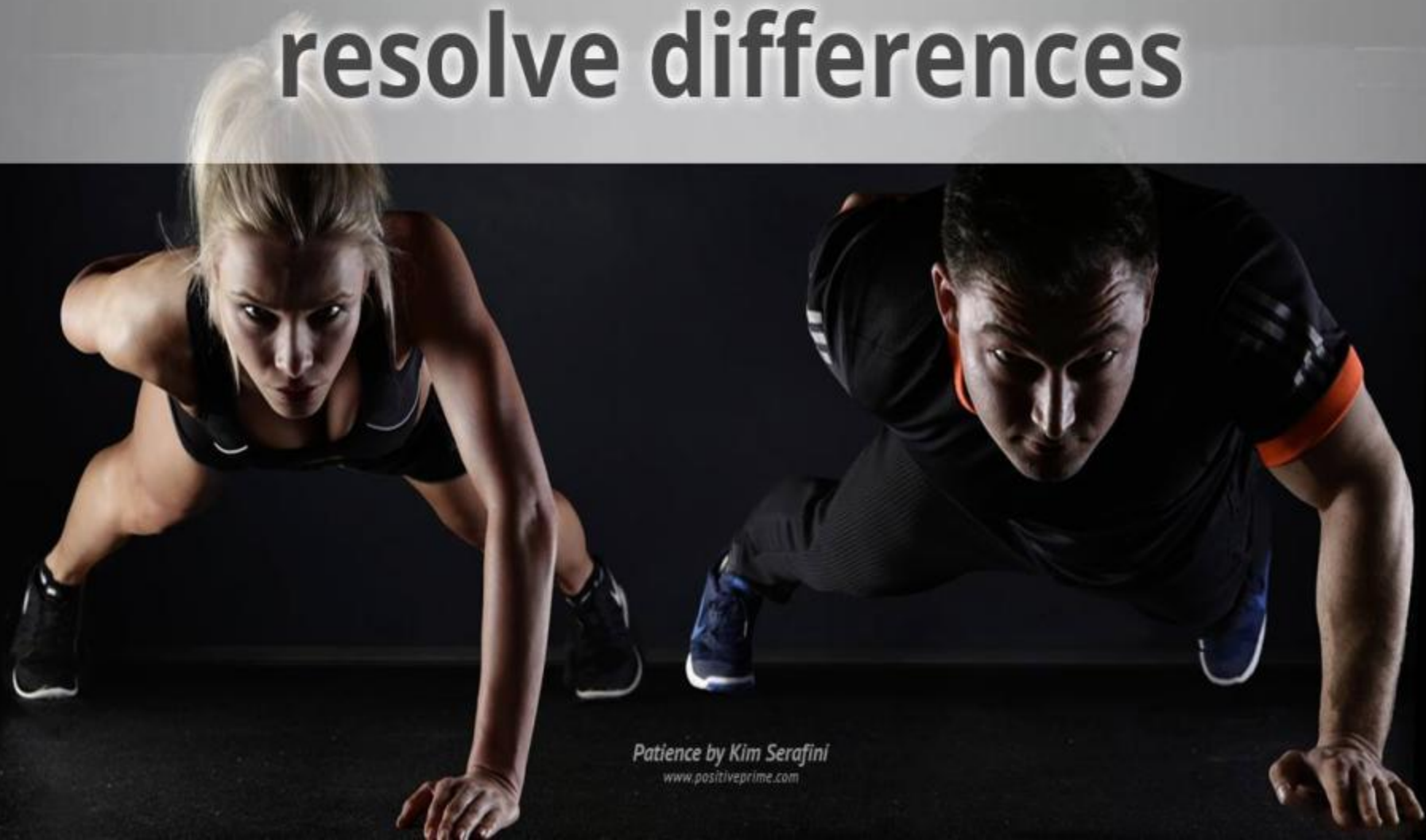




Patience is not resignation  
to undesirable conditions



I work to help others  
**resolve differences**



*Patience by Kim Serafini*  
[www.positiveprime.com](http://www.positiveprime.com)

I always keep  
**my composure**



*Patience by Kim Serafini*

# My patience is an asset

*Patience*




**I have learned that  
everything comes  
gradually and at its  
appointed hour**




We're all in this  
together



Patience by Kim Serafini  
[www.positiveprime.com](http://www.positiveprime.com)

A man in a blue and white checkered shirt and khaki pants is sitting on the grassy bank of a lake, fishing. He is holding a green fishing rod that extends across the frame. The sun is setting behind the trees, creating a warm, golden glow that reflects on the water. The scene is peaceful and serene.

I believe that patience  
is a valuable virtue

A woman with blonde hair, wearing a white lab coat, a light blue surgical mask, and clear safety glasses, is shown in profile, looking down at a piece of equipment in a laboratory setting. The background is a soft, out-of-focus light blue.

I have infinite  
patience when it  
**comes to fulfilling  
my destiny!**

I possess an  
endless supply of  
creativity, energy and  
tolerance for any  
project that I commit  
to

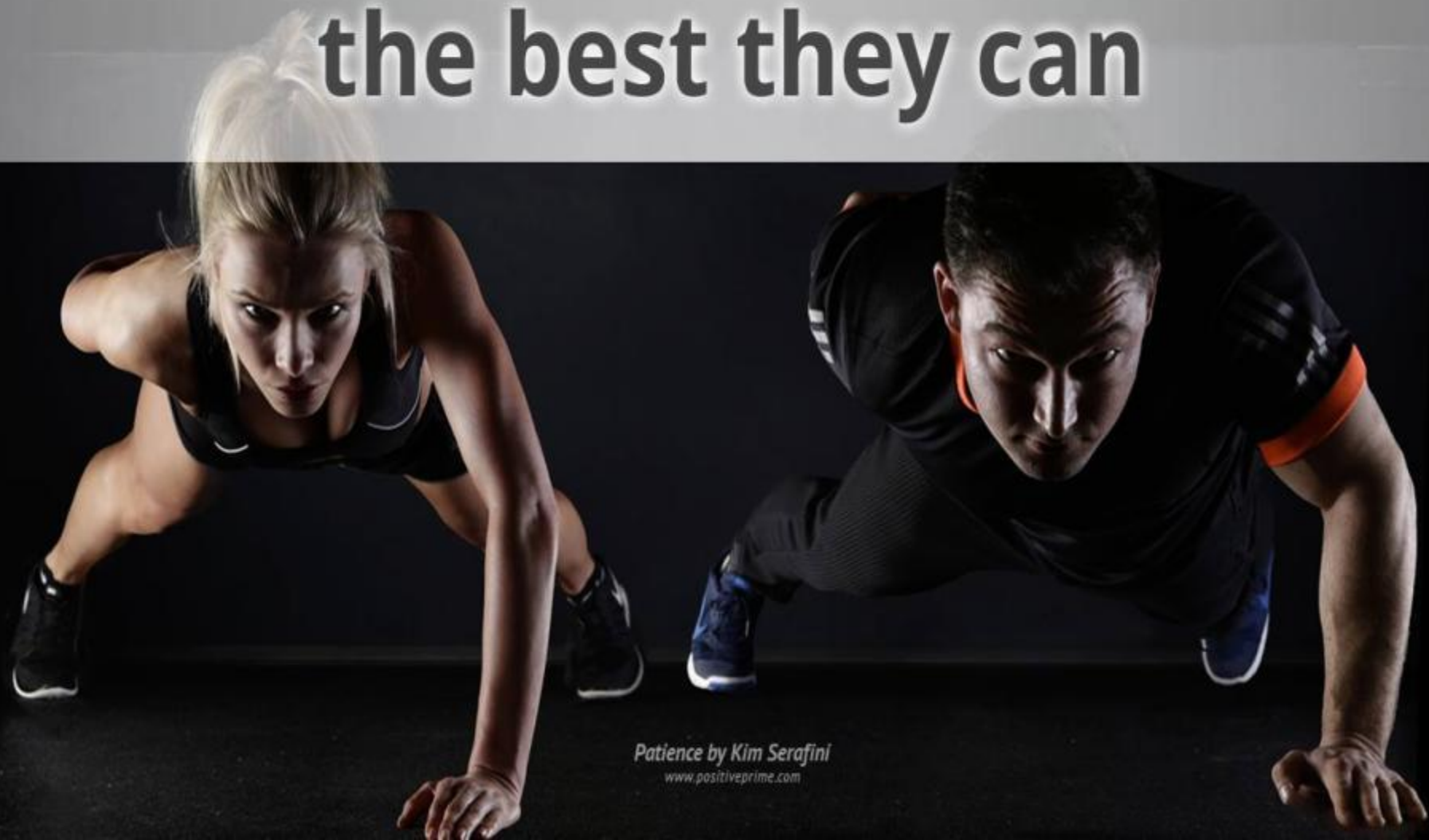






I possess profound patience  
in all circumstances

I know that everyone is doing  
**the best they can**



*Patience by Kim Serafini*  
[www.positiveprime.com](http://www.positiveprime.com)

I am willing to wait  
**for a reward**



*Patience by Kim Serafini*

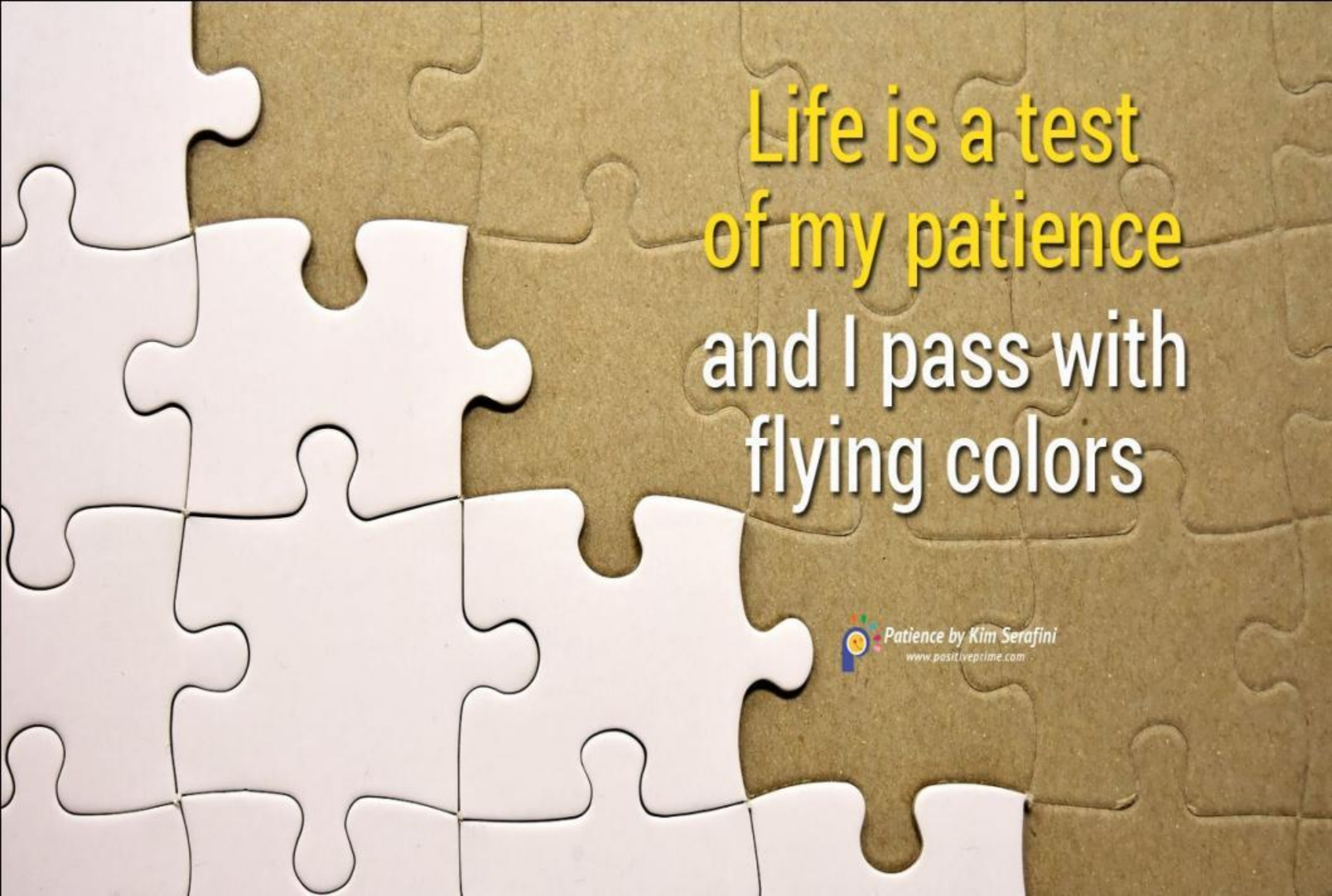
**I accept my life  
the way it is**

*Patience*



**I choose to be  
patient with and  
kind to myself  
today**





Life is a test  
of my patience  
and I pass with  
flying colors

A man in a blue and white checkered shirt and khaki pants is sitting on a grassy bank, fishing. He is holding a green fishing rod that extends across the frame. The background shows a calm lake reflecting the golden light of a sunset, with trees and foliage on the right side. The overall mood is peaceful and contemplative.

I accept that  
everyone is doing  
the best they can  
with what they have

A woman with blonde hair, wearing a white lab coat, a blue surgical mask, and safety glasses, is shown in profile, looking down at a piece of equipment in a laboratory setting. The background is a soft, out-of-focus teal color.

I'm patient with  
allowing myself to  
**forgive myself**



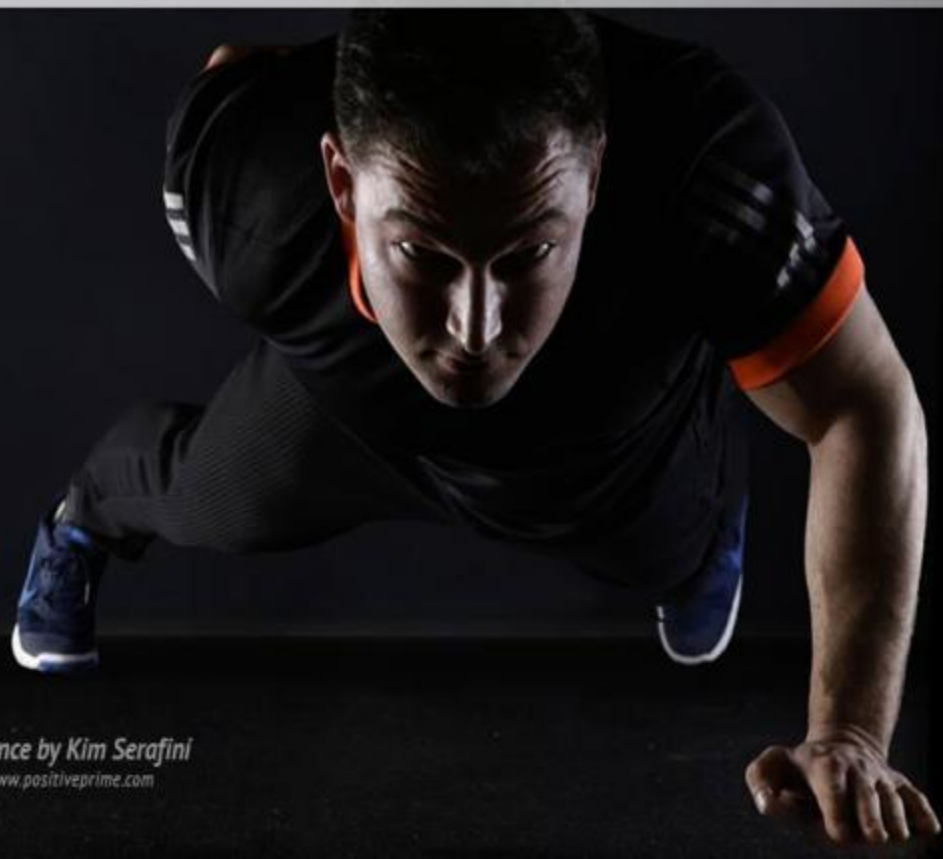
I keep an open  
mind on all subjects  
and toward all people  
so that I rise above  
intolerance





I find the time  
to be patient today

I never complain when things  
take longer than I'd like them to



*Patience by Kim Serafini*  
[www.positiveprime.com](http://www.positiveprime.com)

A close-up photograph of a person's hands balancing smooth, grey stones. The hands are positioned on the right side of the frame, with fingers carefully gripping the stones. The stones are stacked in a vertical column, with the top stone being the smallest and the bottom stone being the largest. The background is a soft, out-of-focus view of a beach and the ocean under a clear blue sky. The overall mood is calm and focused.

**I take careful  
action, no matter  
how small or big**



I turn within to establish  
**this inner control**

When you're watching  
your Session  
**SMILE**  
just smile naturally  
now



**SMILE**  
allow the action  
to drive the  
reaction



**TODAY**  
Tell someone how  
much you  
appreciate them  
**TODAY**





A close-up photograph of a person's hands stacking smooth, grey, rounded stones on a beach. The person is wearing a blue and orange patterned shirt. The background is a clear, bright blue sky. The text "Thank you so much!" is overlaid on the left side of the image in a bold, black, sans-serif font.

**Thank  
you  
so much!**

**How can I show  
myself & others  
kindness?**



# What if this is Heaven?

*Patience*



# How can I be more supportive?

*Patience*



A woman with blonde hair, wearing a white lab coat, a light blue surgical mask, and safety glasses, is shown in profile, looking down at a piece of white paper she is holding. The background is a blurred laboratory setting with a whiteboard.

What has  
**gone well?**

A woman with blonde hair, wearing a white lab coat, safety glasses, and a light blue surgical mask, is shown in profile. She is holding a pipette and appears to be working in a laboratory setting. The background is a soft-focus view of laboratory equipment.

What went  
**right?**

A woman with blonde hair, wearing a white lab coat, safety glasses, and a light blue face mask, is looking down at a tablet computer. The background is a soft, out-of-focus laboratory setting.

GRATEFUL?

Think about what you  
are grateful for and  
**think about why you  
are grateful...**

**FEEL THE FEELINGS OF  
GRATITUDE**



You can have, be, and do  
**anything you want**



A person is shown in silhouette, performing a tree yoga pose (Vrikshasana) on a rocky shore. Their hands are pressed together in a prayer position above their head. The background features a calm ocean and a bright, hazy sky, suggesting a sunset or sunrise. The overall mood is peaceful and serene.

Show  
support!

A man in a blue and white checkered shirt and khaki pants is seen from behind, sitting on a grassy bank and fishing. He holds a green fishing rod that extends across the frame. The background features a calm body of water reflecting the golden light of a setting or rising sun, with dark silhouettes of trees and foliage. The overall mood is peaceful and contemplative.

**Celebrate  
your successes!**

A man in a blue and white checkered shirt and khaki pants is seen from behind, sitting on the grassy bank of a pond. He is holding a fishing rod that extends across the frame towards the water. The scene is bathed in the warm, golden light of a sunset, with the sun's reflection shimmering on the water's surface. The background is filled with lush green trees and foliage.

**Actively contribute to  
benefit others**

Make sure you  
do something  
**CARING**  
today



*Patience by Kim Serafini*  
[www.patiencebykim.com](http://www.patiencebykim.com)

What has  
inspired  
you  
this week?



*Patience by Kim Serafini*

[www.patiencebykim.com](http://www.patiencebykim.com)

Life is happening for us  
**not to us...**



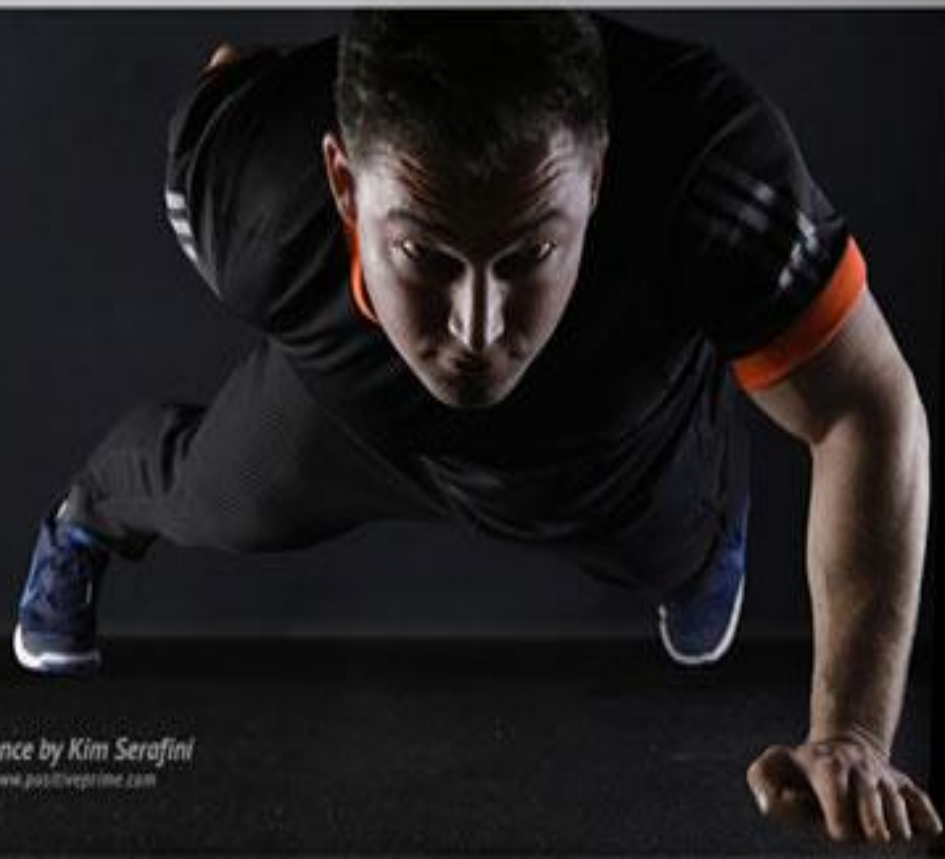
*Patience by Kim Serafini*

How can I be  
**more caring?**



*Patience by Kim Serafini*

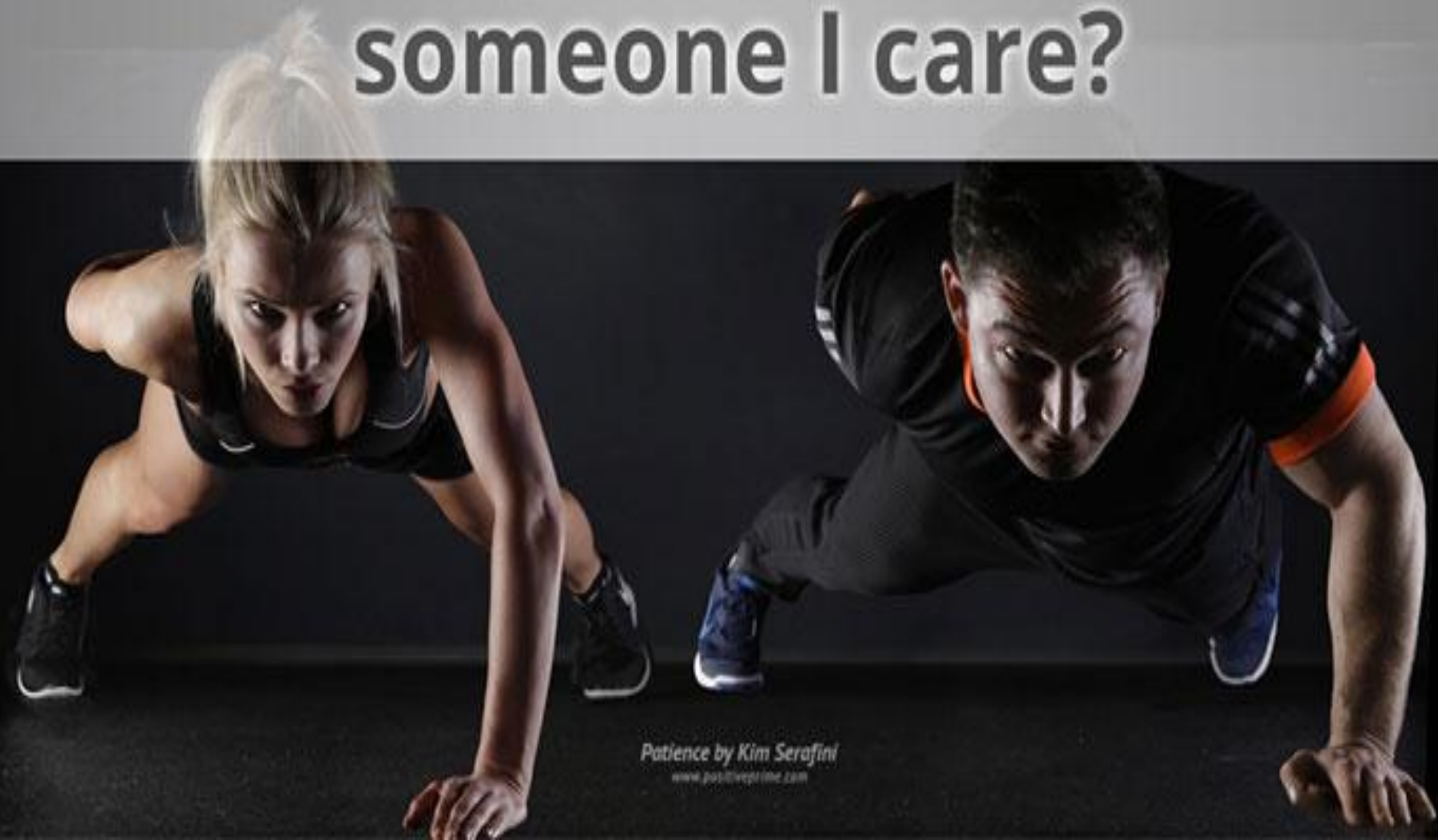
Life is occurring  
**for me!**



*Patience by Kim Serafini*  
[www.positiveprime.com](http://www.positiveprime.com)



What can I do today to show  
**someone I care?**



*Patience by Kim Serafini*  
[www.positiveprime.com](http://www.positiveprime.com)