

A silhouette of a person with long hair, wearing a short-sleeved top and shorts, stands on a wooden pier or deck. Their arms are outstretched horizontally, and their head is tilted back, suggesting a moment of triumph or joy. The background is a bright, golden sunset over the ocean, with the sun low on the horizon. The sky transitions from a pale yellow near the horizon to a soft orange and pink at the top. The water of the ocean is visible in the foreground and middle ground, with gentle waves. The pier's railing is visible in the lower foreground, also in silhouette.

Celebrate  
your  
successes!



I am  
*eternal*

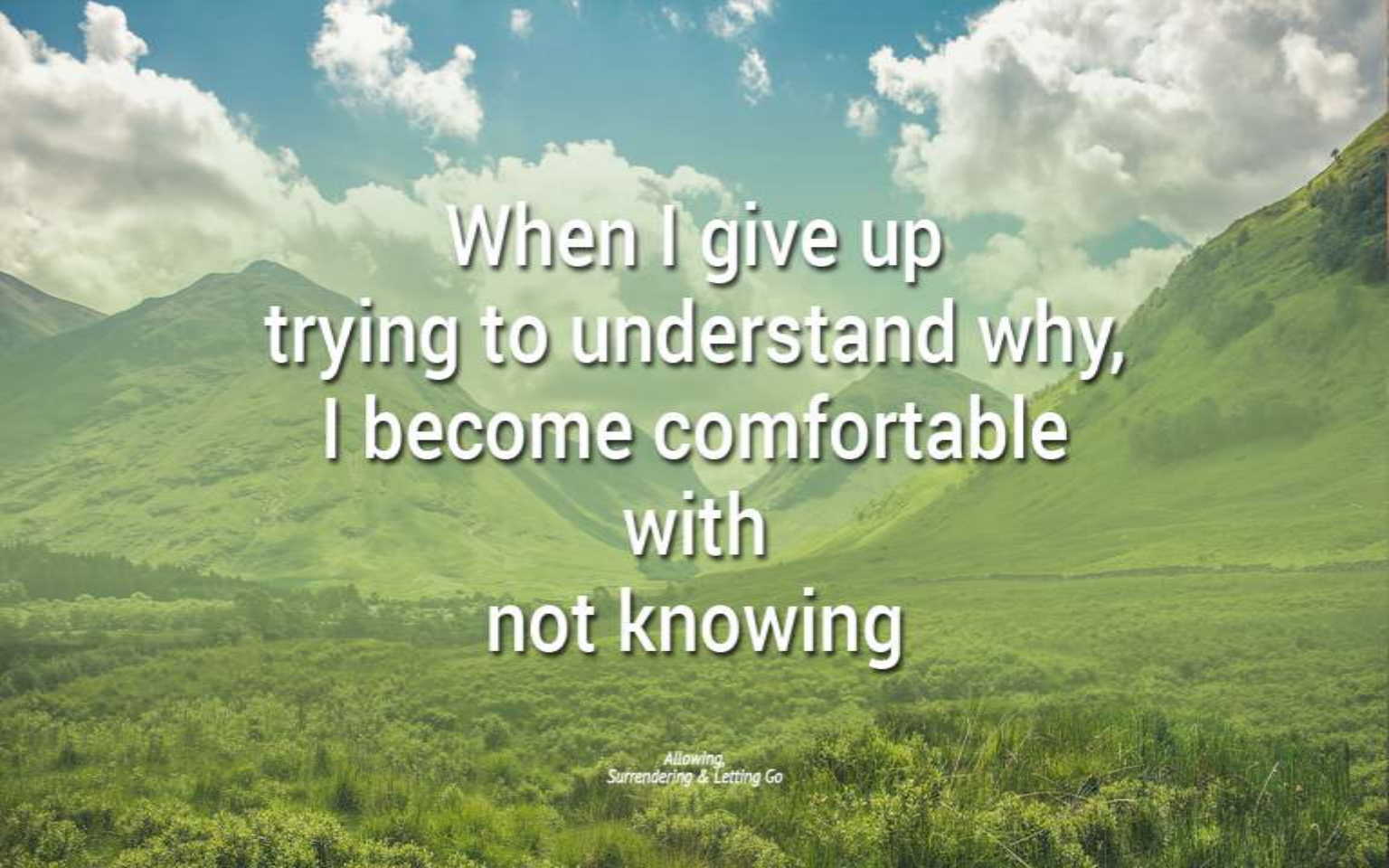
*Allowing,  
Surrendering & Letting Go*

A child is seen from behind, holding a large, glowing sky lantern. The lantern is lit from within, and the child is holding the base. The background is a sunset sky with other sky lanterns floating in the air. The overall mood is peaceful and hopeful.

How can I be  
*more caring?*



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Surrendering & Letting Go*  
by Kim Serafini  
[www.positiveprime.com](http://www.positiveprime.com)



When I give up  
trying to understand why,  
I become comfortable  
with  
not knowing

*Allowing,  
Surrendering & Letting Go*

A serene beach scene at sunset. The sky is a mix of orange, yellow, and blue. Waves are breaking on the shore, creating white foam. In the distance, a city skyline is visible against the horizon. In the foreground, a broken glass bottle lies on the wet sand.

I am coming to terms  
with  
negative memories

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by Kim Serafini*


A large dandelion seed head is the central focus on the left side of the image. The background is a vibrant sunset or sunrise, with colors ranging from deep blue at the top to bright yellow and orange near the horizon. Several dandelion seeds are shown in mid-air, appearing to drift away from the main seed head. The overall mood is contemplative and hopeful.

How  
can I be more  
**supportive?**

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I'm sure this struggle  
is serving in some way,  
and  
someday I'll know  
exactly why this is

A man with long hair, wearing red and blue shorts, is captured mid-air as he jumps from a dark, rocky cliff into the clear blue ocean. His arms are outstretched, and his body is horizontal. The background shows a vast expanse of blue water meeting a blue sky with scattered white clouds. In the distance, low mountains are visible on the horizon.

I find it easy  
to process  
*experiences in*  
*a healthy way*

*Allowing,  
Surrendering & Letting Go*

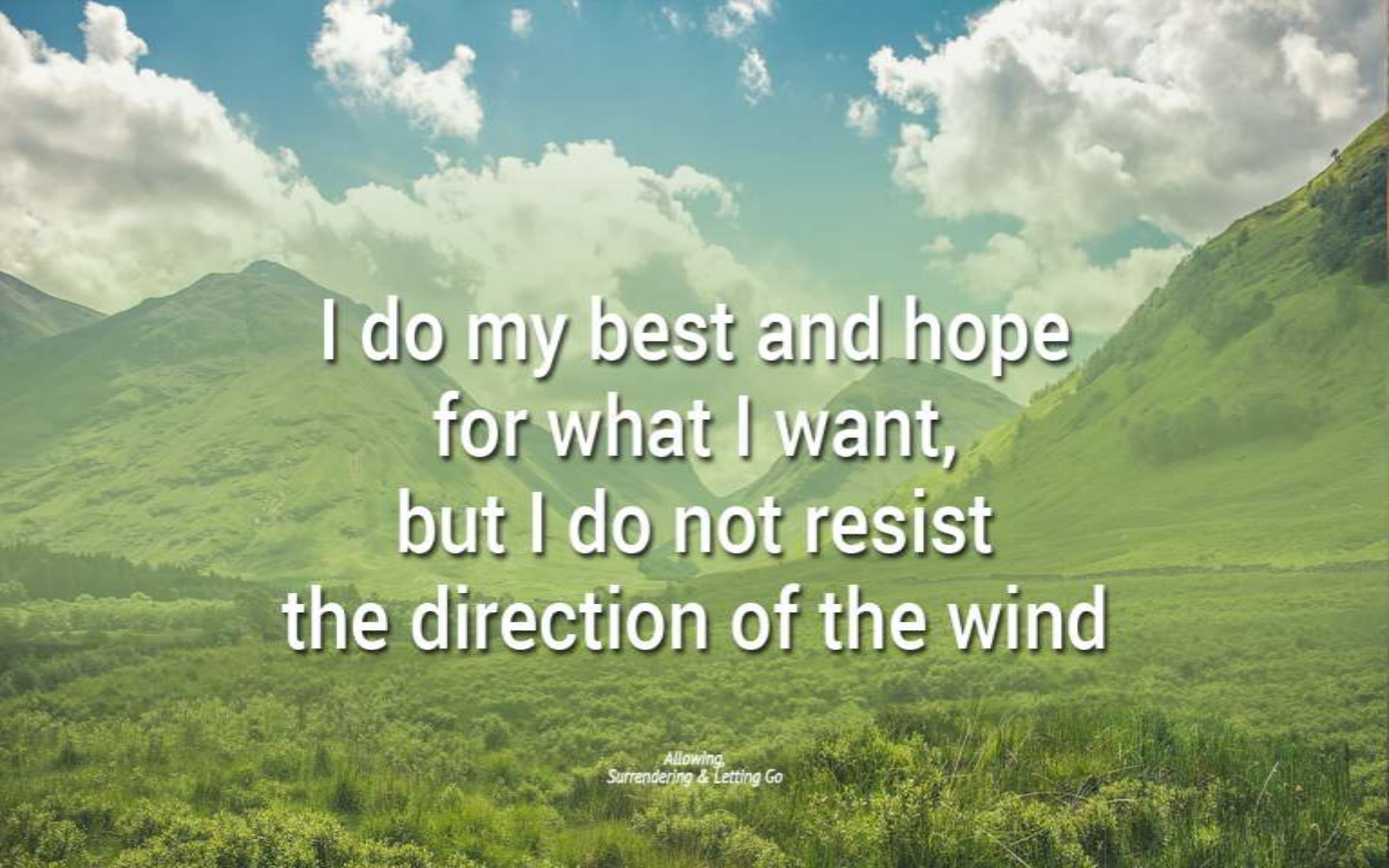


A child is seen from behind, holding a large, glowing paper lantern. The lantern is lit from within, and the child is releasing it into the air. The sky is a mix of blue and orange, suggesting a sunset or sunrise. Several other smaller lanterns are visible in the sky above. The overall mood is hopeful and optimistic.

I am on the path  
to  
*a brighter future*



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I do my best and hope  
for what I want,  
but I do not resist  
the direction of the wind

*Allowing,  
Surrendering & Letting Go*



Every day I feel  
and  
connect to the  
beautiful spirit  
that I am

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A dandelion seed head is shown on the left side of the image, with its seeds blowing away towards the right. The background is a vibrant sunset or sunrise, with a bright yellow sun low on the horizon, creating a warm glow. The sky transitions from a deep blue at the top to a soft orange and pink near the horizon. The overall mood is peaceful and contemplative.

I am at peace  
**with my past**

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A silhouette of a person with long hair, wearing a long-sleeved top and pants, stands on a wooden pier or deck. Their arms are outstretched horizontally, and their head is tilted back, looking towards the sky. The background is a bright, golden sunset over the ocean, with the sun low on the horizon. The sky is a mix of orange, yellow, and light blue. The ocean has gentle waves. The pier has a wooden railing in the foreground.

“What has  
inspired you  
this week?”



If you work  
on the inside,  
*the outside will*  
*fall into place*

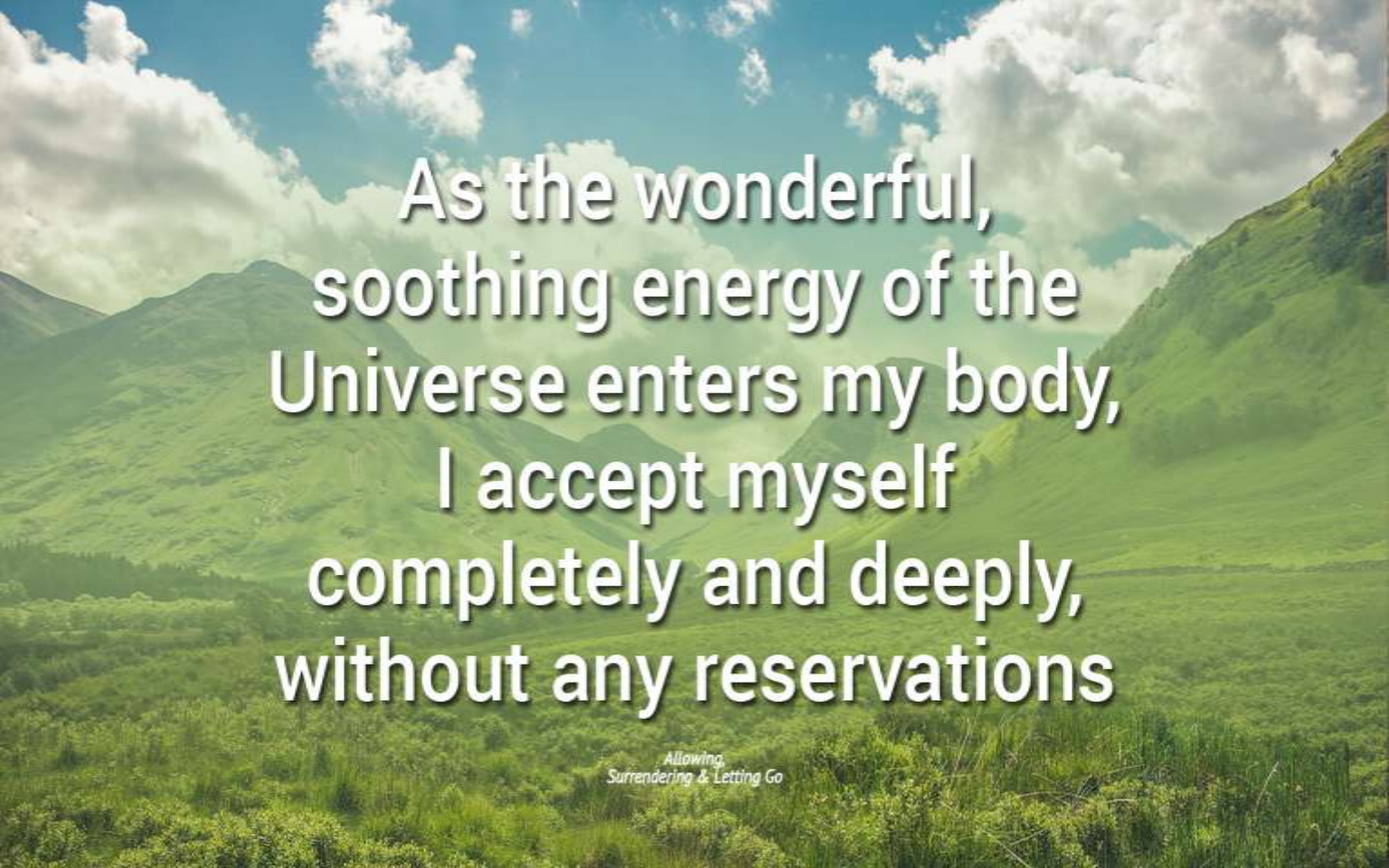
*Allowing,  
Surrendering & Letting Go*

A child is seen from behind, holding a large, glowing paper lantern. The lantern is lit from within, and the child is holding the base where the flame is. The background is a sunset sky with other lanterns floating in the air. The text is overlaid on the left side of the image.

I surrender so that  
*I can receive*



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As the wonderful,  
soothing energy of the  
Universe enters my body,  
I accept myself  
completely and deeply,  
without any reservations

*Allowing,  
Surrendering & Letting Go*



A serene beach scene at sunset. The sky is a mix of orange, yellow, and blue. Waves are breaking on the shore, creating white foam. In the distance, there are mountains and a city with some lights. The overall mood is peaceful and reflective.

I forgive myself  
for  
making mistakes

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A dandelion seed head is shown on the left side of the image, with its seeds blowing away towards the right. The background is a soft, colorful sunset or sunrise, with a bright yellow sun partially obscured by the dandelion's seeds. The overall mood is peaceful and contemplative.

I am always  
in the process  
of evolving

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When you're watching  
your session  
smile  
just smile naturally now



I know it's possible  
to still find a smile  
*or a laugh even*  
*on a bad day*

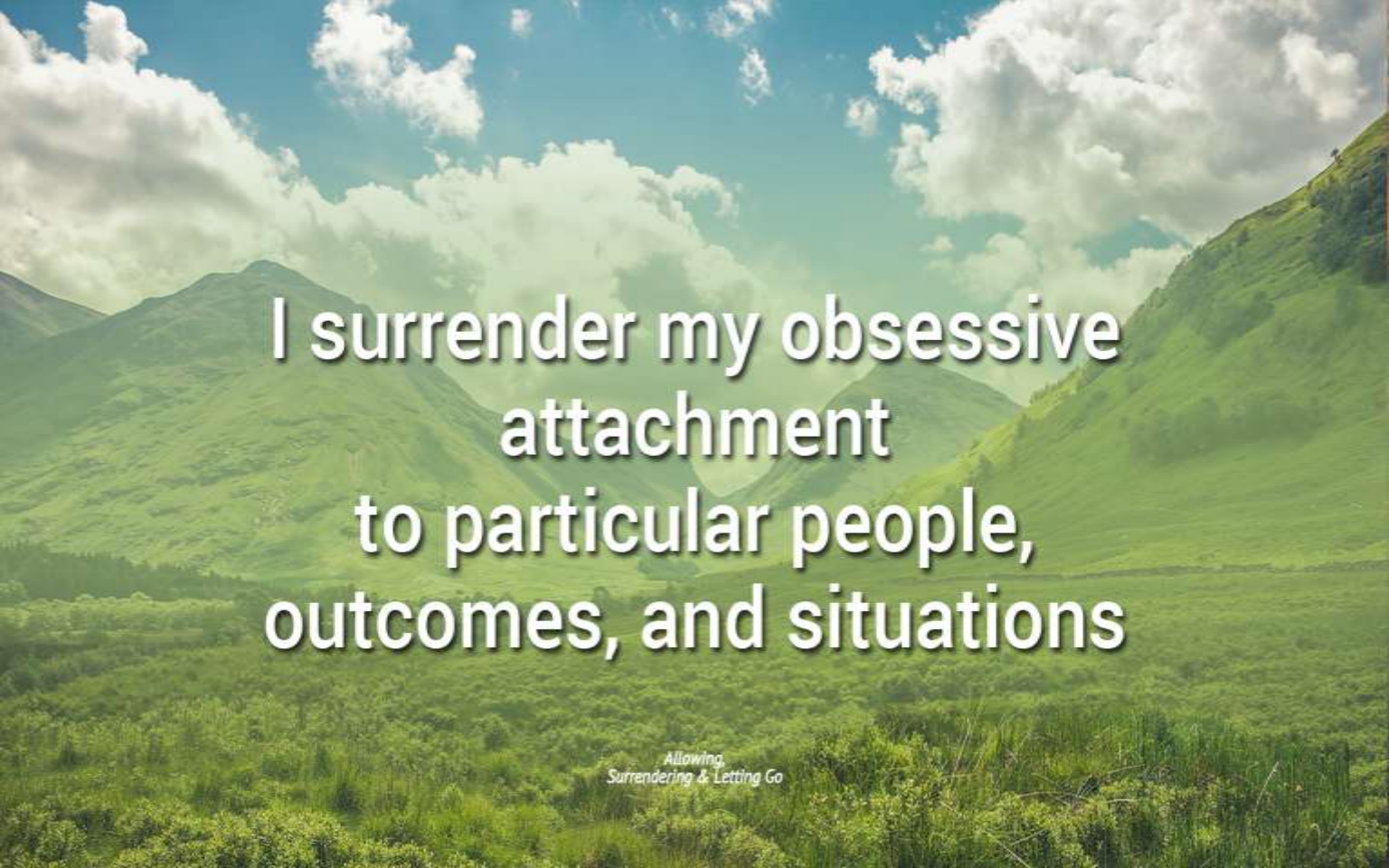
*Allowing,  
Surrendering & Letting Go*

A child is seen from behind, holding a lit sky lantern. The lantern is large and made of white paper, with a small fire burning inside. The child is silhouetted against a vibrant sunset sky with orange, pink, and blue hues. Several other sky lanterns are visible in the sky above, some already floating away. The overall mood is peaceful and hopeful.

I graciously accept  
*what is*



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I surrender my obsessive  
attachment  
to particular people,  
outcomes, and situations

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Opportunities  
and  
advantages come  
with each door  
that I open

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A dandelion seed head is shown on the left side of the image, with its seeds blowing away. The background is a vibrant sunset or sunrise, with a bright sun low on the horizon, creating a warm glow of orange, yellow, and red. The sky transitions to a deep blue at the top. The text is overlaid on the right side of the image.

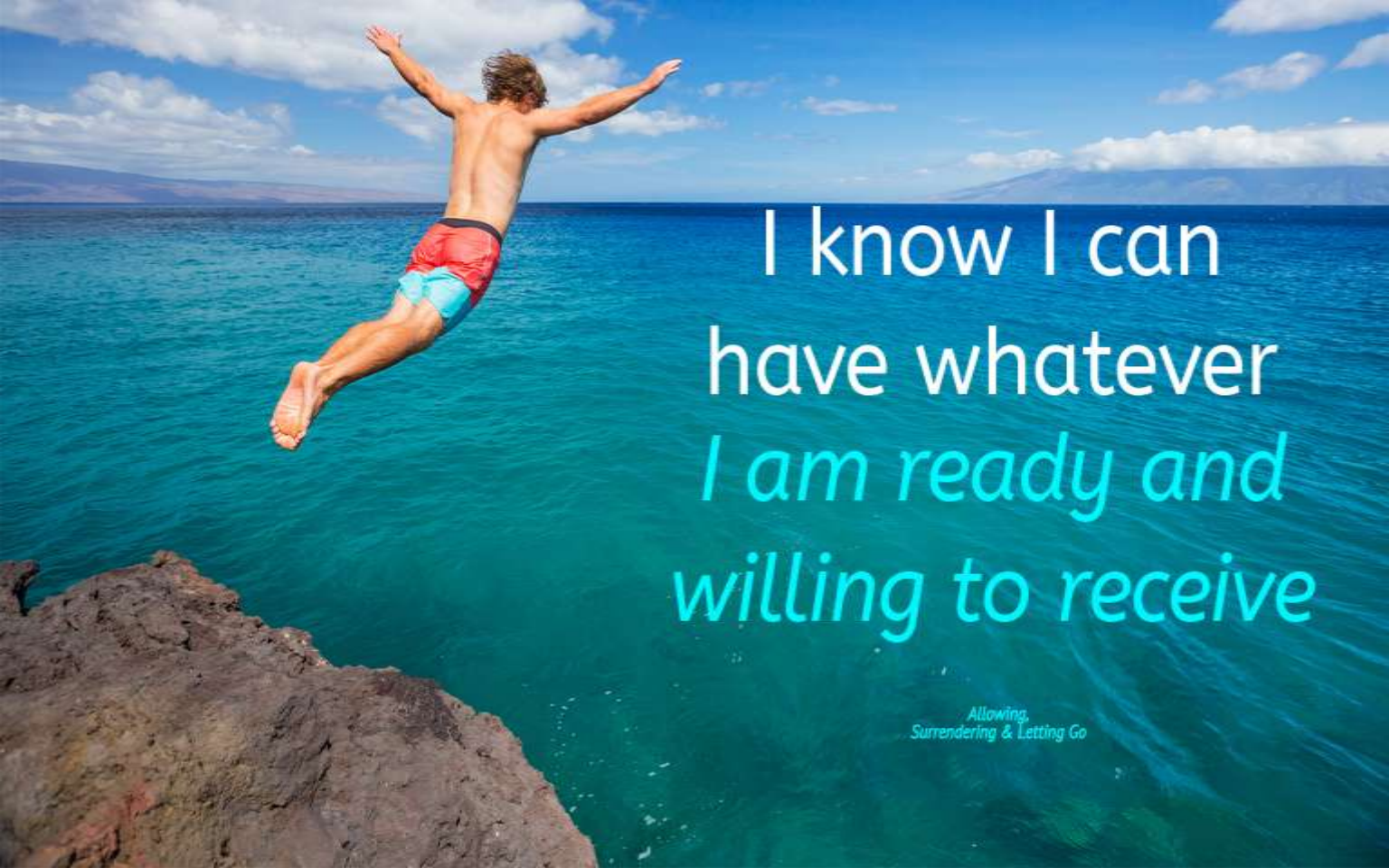
The past  
does not equal  
**the future**

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Everything  
is as it should be,  
and this obstacle  
simply  
is part of my path



I know I can  
have whatever  
*I am ready and  
willing to receive*

*Allowing,  
Surrendering & Letting Go*

A child is seen from behind, holding a large, glowing paper lantern. The lantern is lit from within, and the child is releasing it into the air. The background is a sunset sky with other lanterns floating away. The text "I see the miracle in every day" is overlaid on the image.

I see the miracle  
*in every day*



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I'm letting go of everything  
I feverishly collected  
that wasn't loving

*Allowing,  
Surrendering & Letting Go*

A serene beach scene at sunset. The sky is a mix of orange, yellow, and blue. Waves are breaking on the shore, creating white foam. In the distance, a city skyline is visible against the horizon. In the foreground, a clear glass bottle lies on the wet sand, partially filled with water.

What  
can I do today  
to show  
someone I care?

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A dandelion seed head is shown on the left side of the image, with its seeds blowing away towards the right. The background is a soft, colorful sunset or sunrise, with a bright yellow sun partially obscured by a lens flare. The overall mood is peaceful and hopeful.

I completely  
&  
wholly love me

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Today  
I will let things happen  
without worrying about  
the significance of each  
event



The only option is  
to absolutely do  
*the best I can,*  
*right here & now*

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Surrendering & Letting Go*

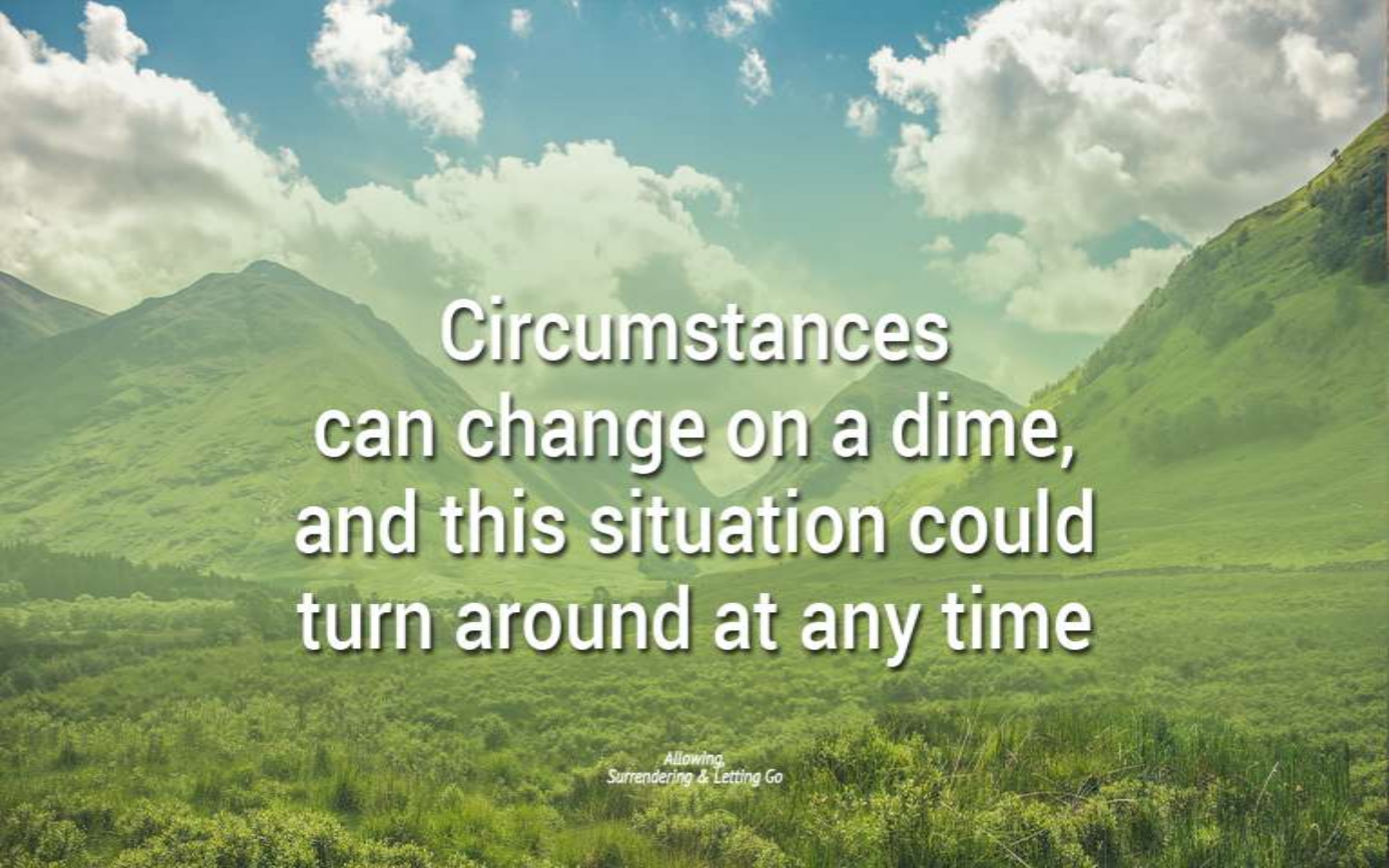


A young boy is seen from behind, holding a large, glowing paper lantern. The lantern is lit from within, and the boy is holding the base where the flame is. The background is a sunset sky with other smaller lanterns floating in the air. The overall mood is peaceful and hopeful.

I am supported,  
*loved and cared*  
*for*



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A scenic landscape of rolling green hills and mountains under a blue sky with white clouds. The text is centered over the image.

Circumstances  
can change on a dime,  
and this situation could  
turn around at any time

*Allowing,  
Surrendering & Letting Go*



Things always work out  
for me  
when I relax and let go

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A dandelion seed head is shown on the left side of the image, with its seeds blowing away. The background is a vibrant sunset or sunrise, with a bright sun low on the horizon, creating a warm glow of orange and yellow. The sky transitions from a deep blue at the top to a soft purple and pink near the horizon. The text 'I claim the future as mine' is written in a blue, sans-serif font, positioned in the upper right quadrant of the image. The word 'mine' is significantly larger and bolder than the rest of the text.

I claim the future  
**as mine**

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A silhouette of a person with long hair, wearing a short-sleeved top and shorts, stands on a wooden pier or deck. Their arms are outstretched horizontally, and their head is tilted back, looking towards the sky. The background is a bright sunset or sunrise over the ocean, with a warm orange and yellow glow. The horizon line is visible, and the ocean surface shows some texture from waves. The pier's railing is visible in the foreground, also in silhouette.

When I accept  
what troubles  
I've been given,  
another door opens  
for me



I learn from my  
experiences and  
*they help me to*  
*grow as a person*

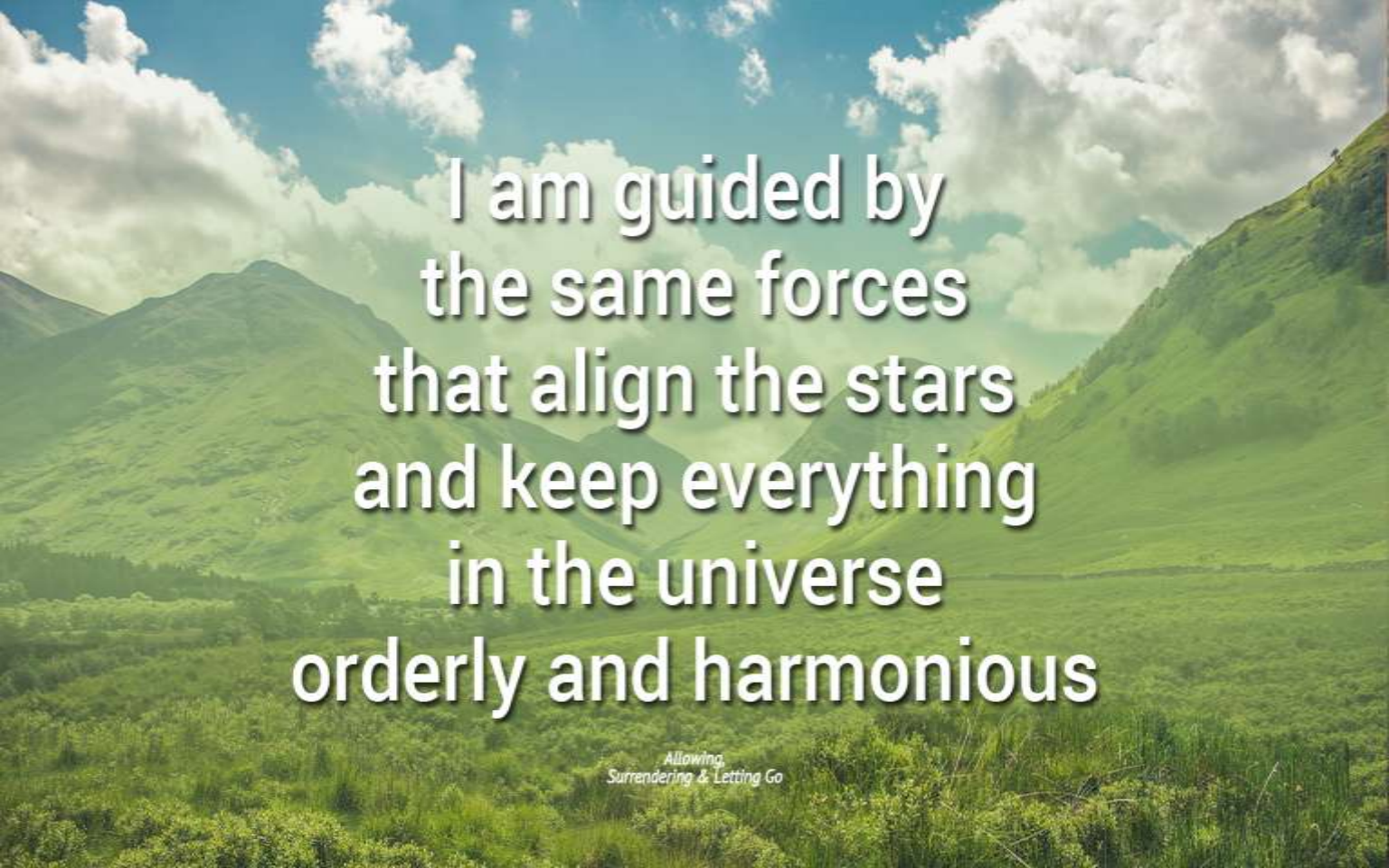
*Allowing,  
Surrendering & Letting Go*

A child is seen from behind, holding a large, glowing sky lantern (孔明灯) against a sunset sky. The lantern is lit from within, and the child's hand is visible at the bottom. Several other sky lanterns are floating in the sky above. The sky transitions from a deep blue at the top to a bright orange and yellow at the bottom, where the sun is setting. The overall mood is peaceful and hopeful.

I am breaking free  
*from my past*



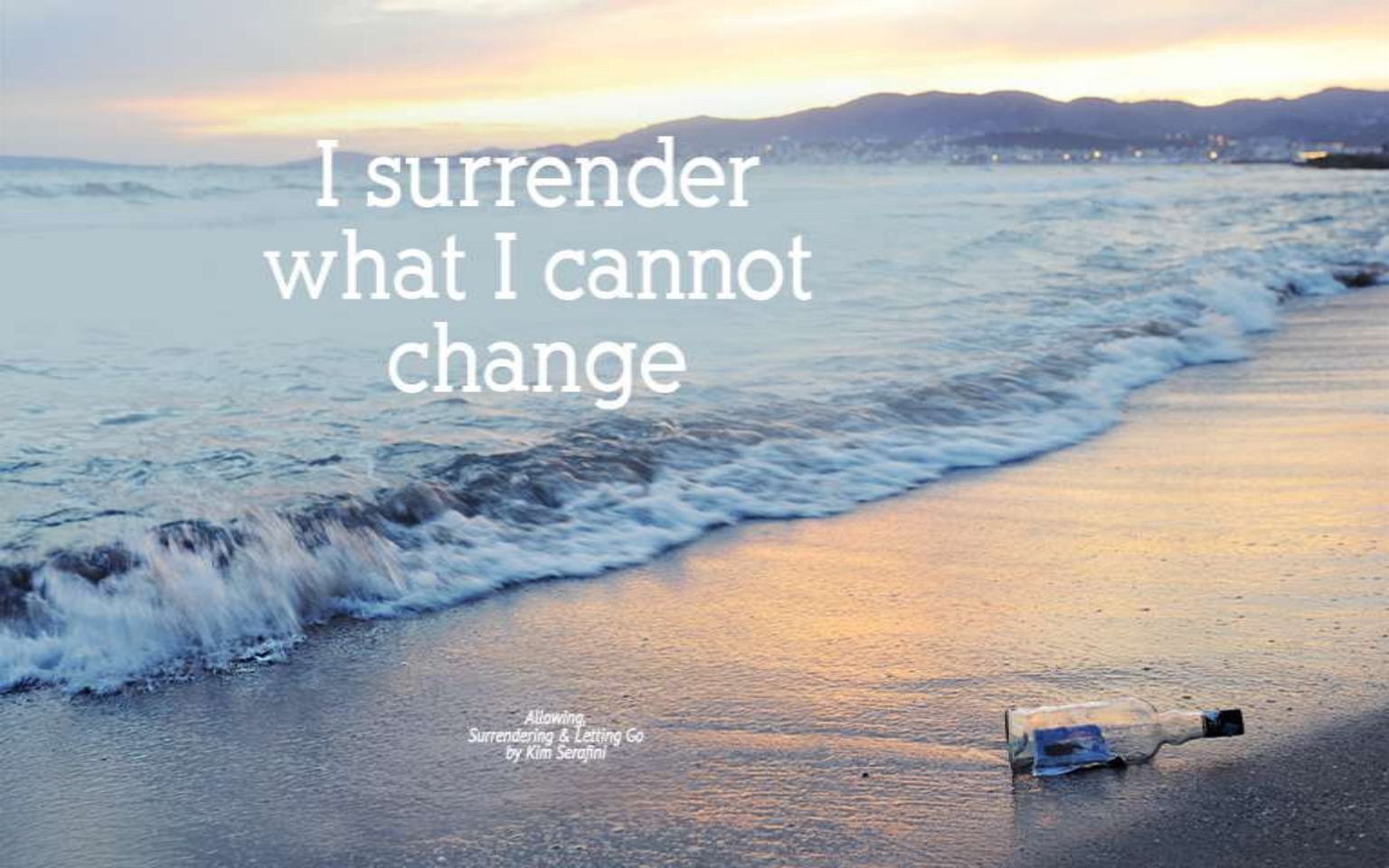
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I am guided by  
the same forces  
that align the stars  
and keep everything  
in the universe  
orderly and harmonious

*Allowing,  
Surrendering & Letting Go*






I surrender  
what I cannot  
change

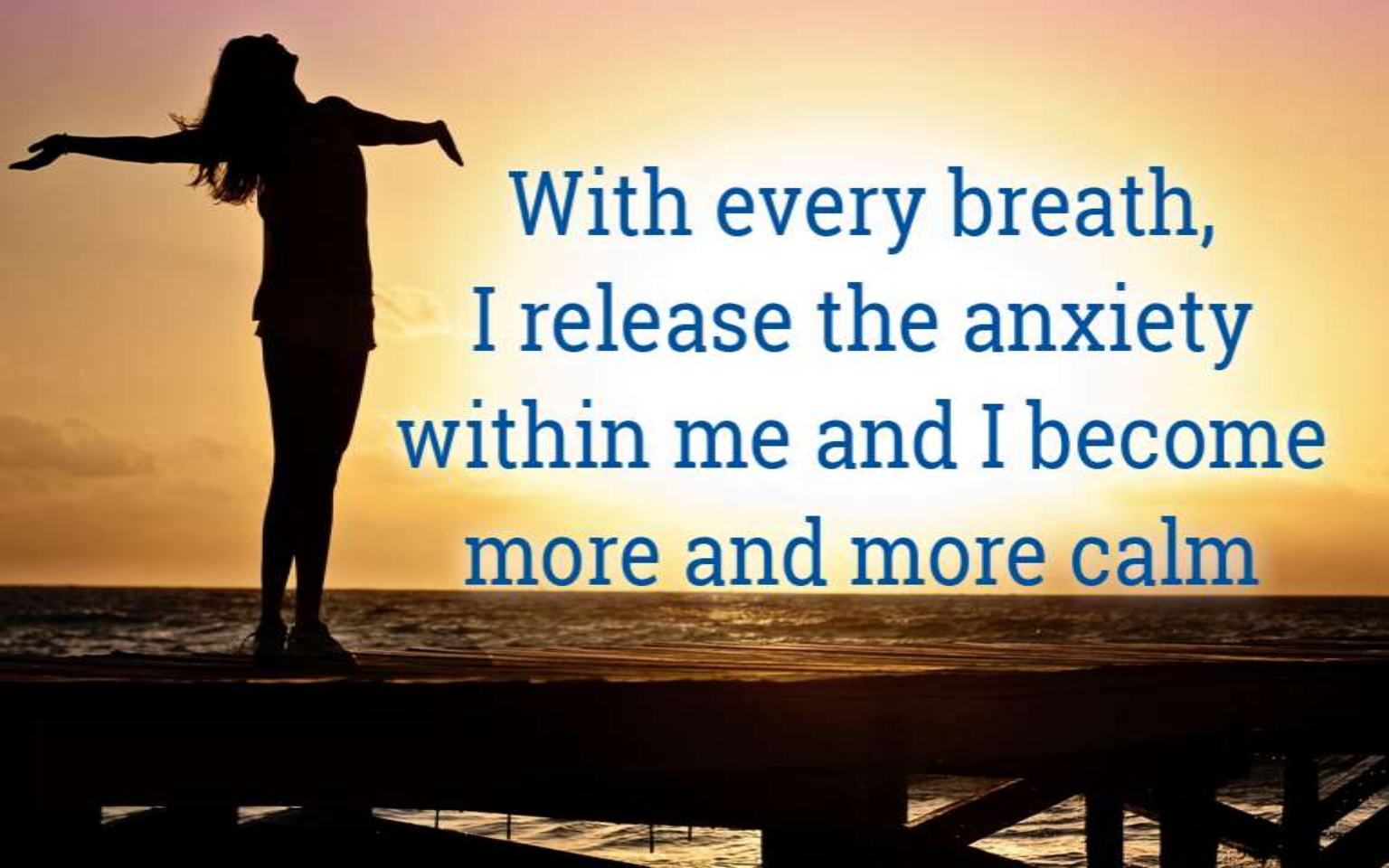
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A dandelion seed head is shown on the left side of the image, with its seeds blowing away towards the right. The background is a soft, colorful sunset or sunrise, with a gradient from dark blue at the top to bright yellow and orange at the bottom. The text is overlaid on the right side of the image.

I know there are  
infinite solutions  
**to any problem**

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A silhouette of a person with long hair, wearing a long-sleeved top and pants, stands on a wooden pier or deck. Their arms are outstretched horizontally, and their head is tilted back, looking towards the sky. The background is a bright, warm sunset or sunrise over the ocean, with the sun low on the horizon. The sky transitions from a pale yellow near the horizon to a soft orange and pink at the top. The ocean surface is visible in the lower half of the frame, with gentle waves. The pier's railing is visible in the foreground, also in silhouette.

With every breath,  
I release the anxiety  
within me and I become  
more and more calm

A man with long hair, wearing red and blue shorts, is captured mid-air as he jumps from a dark, rocky cliff into the clear blue ocean. His arms are outstretched, and his back is to the camera. The sky is bright blue with scattered white clouds, and distant mountains are visible on the horizon. The water is a vibrant turquoise color.

I am much more  
valuable than just  
*my memories and  
past experiences*

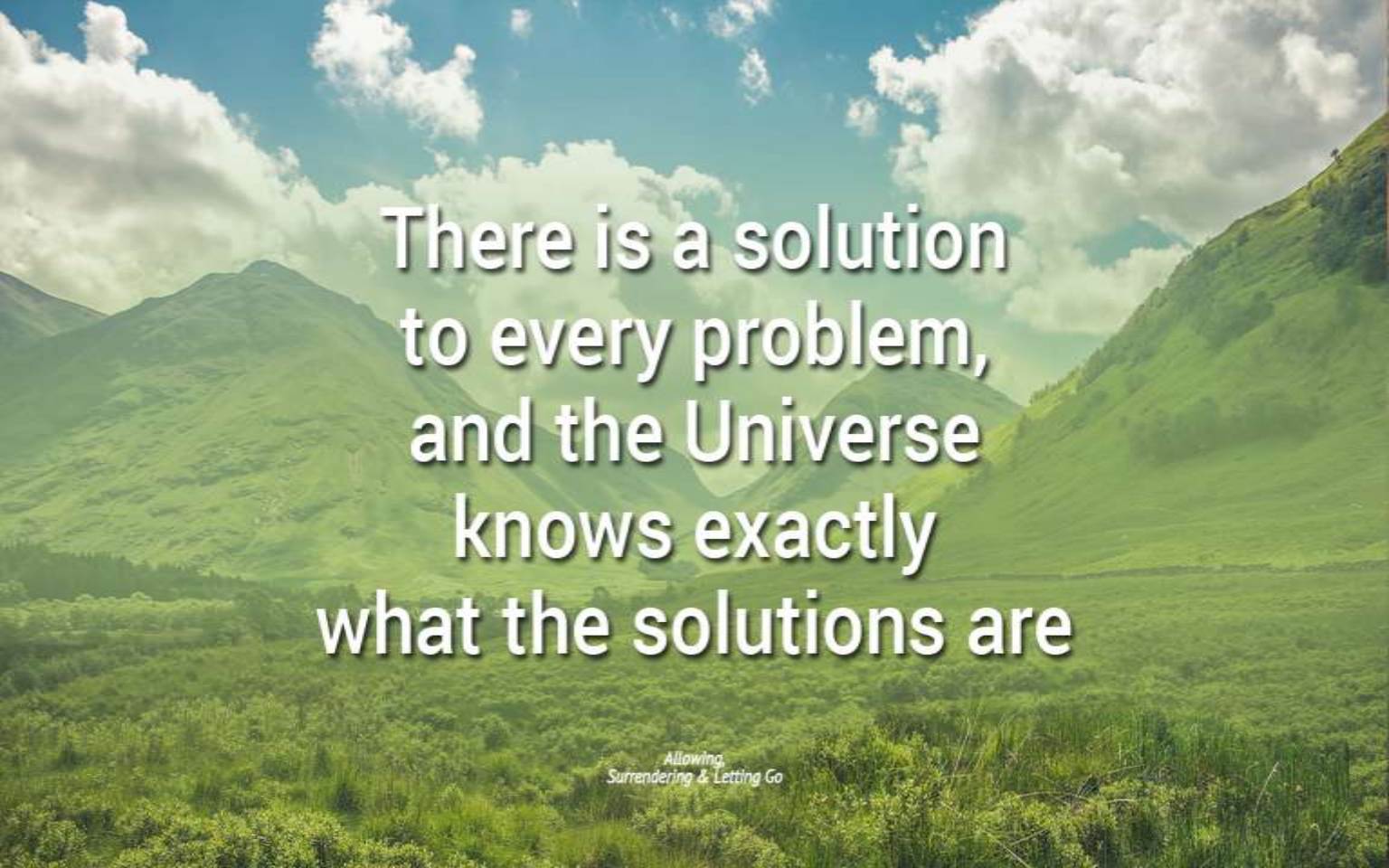
*Allowing,  
Surrendering & Letting Go*

A child is seen from behind, holding a large, glowing paper lantern. The lantern is lit from within, and the child is holding the base where the flame is. The background is a sunset sky with other smaller lanterns floating in the air. The overall mood is peaceful and hopeful.

I practice  
*releasing & letting*  
*go*



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There is a solution  
to every problem,  
and the Universe  
knows exactly  
what the solutions are

*Allowing,  
Surrendering & Letting Go*

A serene beach scene at sunset. The sky is a mix of orange, yellow, and blue. Waves are breaking on the shore, creating white foam. In the distance, mountains and a city skyline are visible under the twilight sky. The overall mood is peaceful and contemplative.

Letting go  
doesn't mean  
giving up

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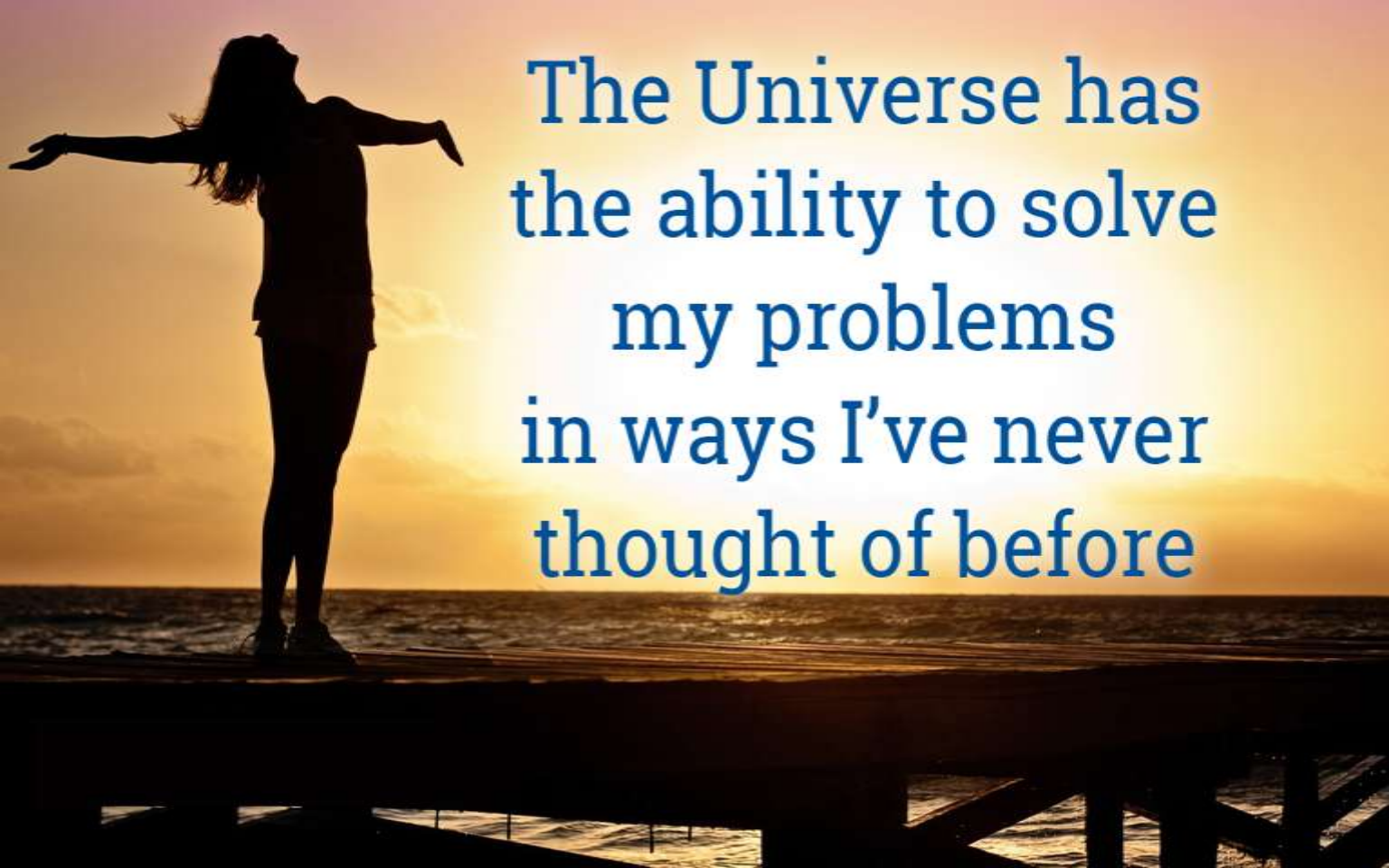


A dandelion seed head is shown on the left side of the image, with its seeds blowing away. The background is a vibrant sunset or sunrise, with a bright sun low on the horizon, creating a warm glow of orange, yellow, and red. The sky transitions to a deep blue at the top. The text 'I surrender what needs transforming' is written in a bold, blue, sans-serif font on the right side of the image.

I surrender  
what needs  
**transforming**

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A silhouette of a person with long hair, wearing a short-sleeved top and shorts, stands on a wooden pier or deck. Their arms are outstretched horizontally, and their head is tilted back. The background is a bright sunset or sunrise over the ocean, with a warm orange and yellow glow. The text is overlaid on the right side of the image.

The Universe has  
the ability to solve  
my problems  
in ways I've never  
thought of before



I am strong  
because of  
*everything I have  
been through*

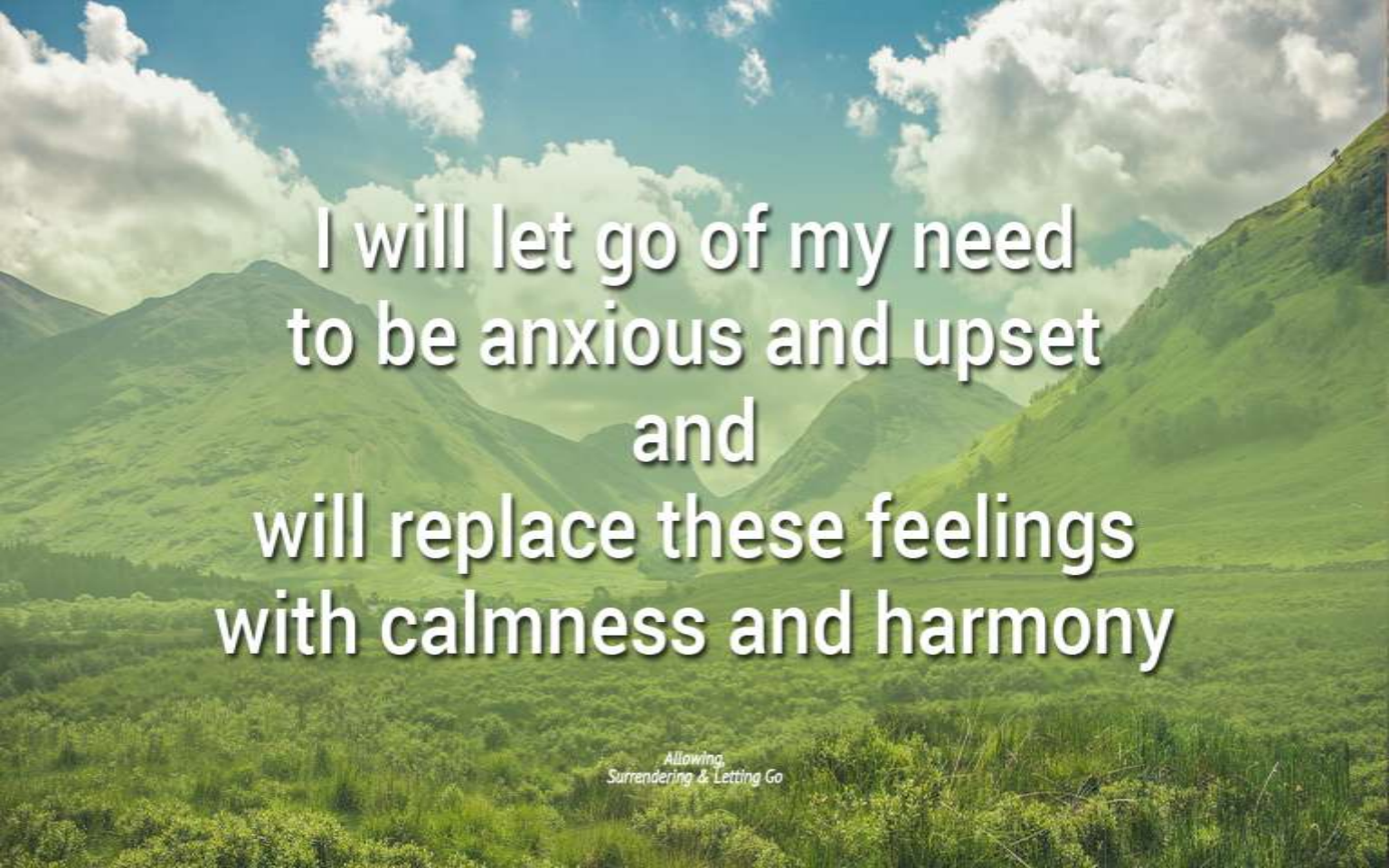
*Allowing,  
Surrendering & Letting Go*

A child is seen from behind, holding a large, glowing paper lantern. The lantern is lit from within, and the child is releasing it into the air. The background is a sunset sky with other lanterns floating in the distance. The overall mood is peaceful and hopeful.

I accept my past  
*experiences*



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I will let go of my need  
to be anxious and upset  
and  
will replace these feelings  
with calmness and harmony

*Allowing,  
Surrendering & Letting Go*



I welcome peace,  
trust, acceptance,  
and  
safety into my life

*Allowing,  
Surrendering & Letting Go  
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I see the perfection  
in the natural world  
**around me**

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When  
I let go of outcomes,  
I get to focus on how  
I'll feel no matter what



I let go of the past,  
& I am free to think  
*clearly & positively*  
*in the present*

*Allowing,  
Surrendering & Letting Go*

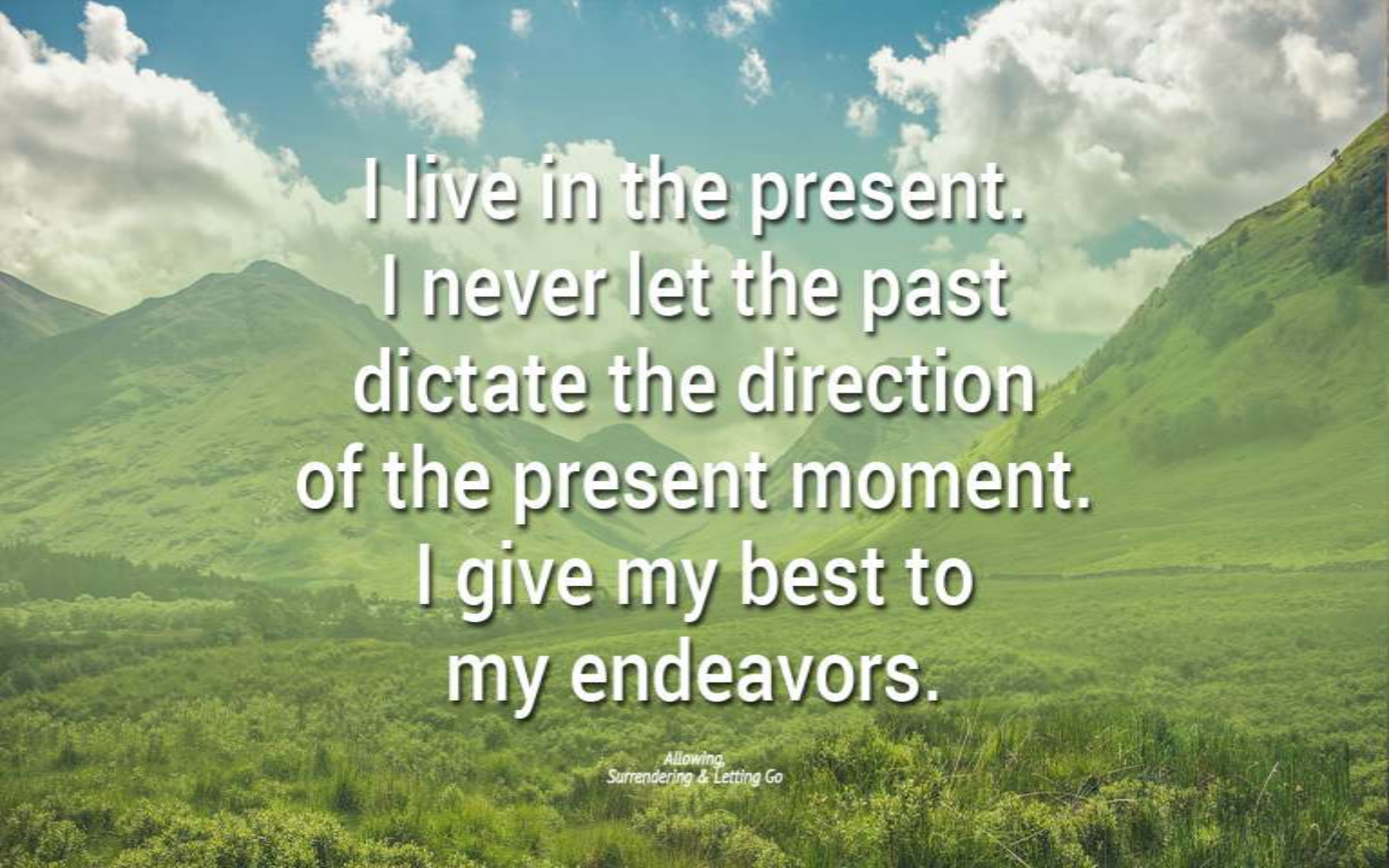


Let go of the past.  
*The past is  
yesterday.*



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I live in the present.  
I never let the past  
dictate the direction  
of the present moment.  
I give my best to  
my endeavors.

*Allowing,  
Surrendering & Letting Go*

A serene beach scene at sunset. The sky is a mix of orange, yellow, and blue. Waves are breaking on the shore, creating white foam. In the distance, a city skyline is visible against the horizon. In the foreground, a clear glass bottle lies on the wet sand, partially filled with water.

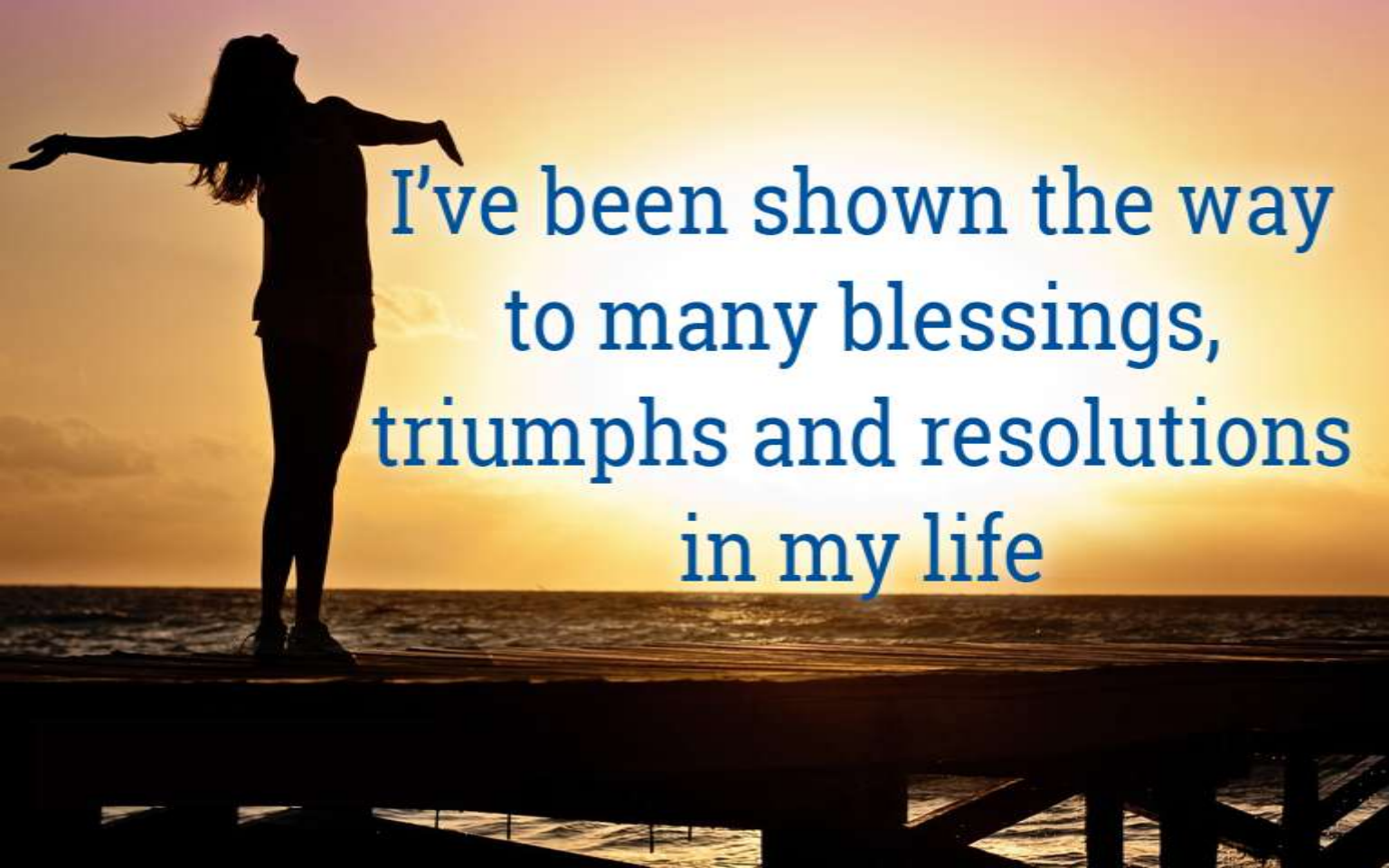
When I let go,  
I create space  
for  
something better

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A dandelion seed head is shown on the left side of the image, with its seeds blowing away towards the right. The background is a soft, colorful sunset or sunrise, with a bright yellow sun partially obscured by the dandelion. The overall mood is one of hope and transformation.

I am enthusiastic  
about who  
**I am becoming!**

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A silhouette of a person with long hair, wearing a long-sleeved top and pants, stands on a wooden pier or deck. Their arms are outstretched horizontally, and their head is tilted back, looking towards the sky. The background is a bright, golden sunset over the ocean, with the sun low on the horizon. The sky transitions from a pale yellow near the horizon to a soft orange and pink at the top. The ocean surface is visible in the lower half of the frame, with gentle waves. The pier's railing is visible in the foreground, creating a dark silhouette against the bright background.

I've been shown the way  
to many blessings,  
triumphs and resolutions  
in my life



I am at peace  
with myself  
*and am ready*  
*to move forward*

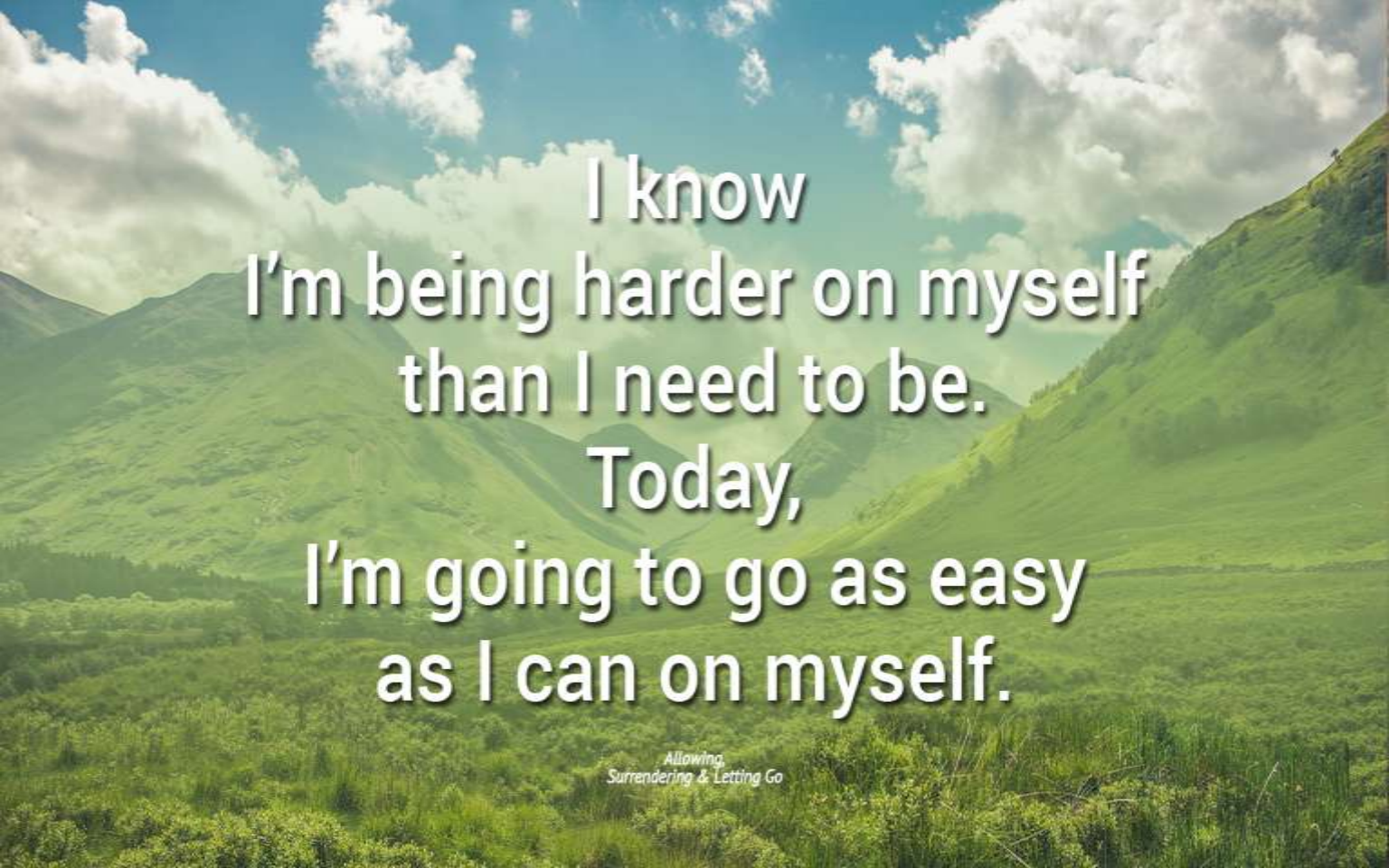
*Allowing,  
Surrendering & Letting Go*

A child is seen from behind, holding a large, glowing paper lantern. The lantern is lit from within, and the child is holding a small flame at its base. The background is a sunset sky with other lanterns floating in the air. The overall mood is peaceful and joyful.

I love that I feel  
*so joyful*



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I know  
I'm being harder on myself  
than I need to be.  
Today,  
I'm going to go as easy  
as I can on myself.

*Allowing,  
Surrendering & Letting Go*




A serene sunset scene at a beach. The sky is a mix of orange, yellow, and blue, with the sun low on the horizon. In the background, there are dark mountains and a small town with lights. The ocean waves are breaking onto a sandy beach, creating white foam. The overall mood is peaceful and reflective.

I enjoy sharing my life  
with  
supportive  
family and friends

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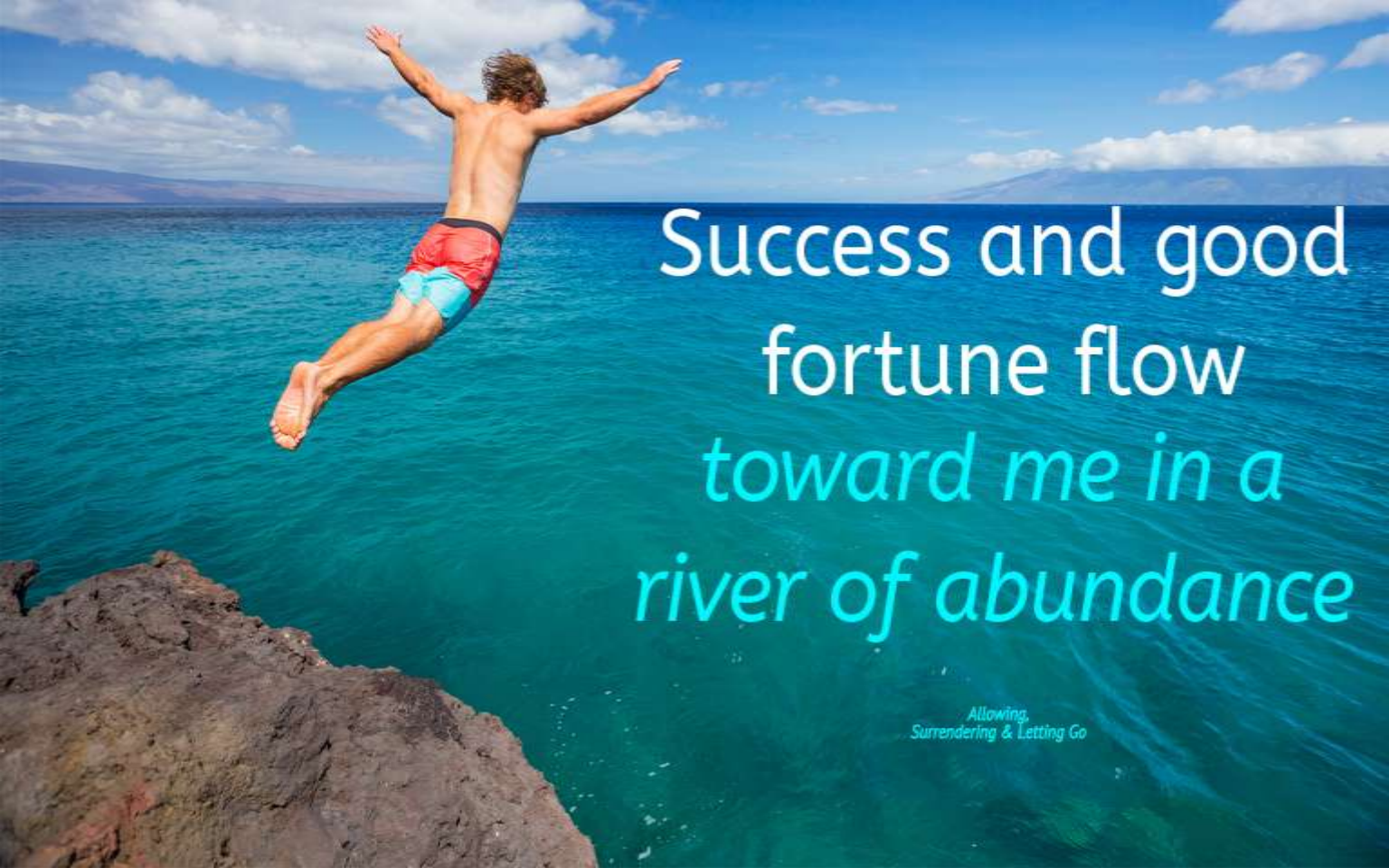
A dandelion seed head is shown on the left side of the image, with its seeds blowing away. The background is a vibrant sunset or sunrise, with a bright sun low on the horizon, creating a warm, golden glow. The sky transitions from a deep blue at the top to a bright yellow and orange near the horizon. The text is overlaid on the right side of the image.

All is well  
in my world  
**and I am safe**

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I will have faith  
that my lessons  
will reveal themselves  
in their own time



Success and good  
fortune flow  
*toward me in a  
river of abundance*

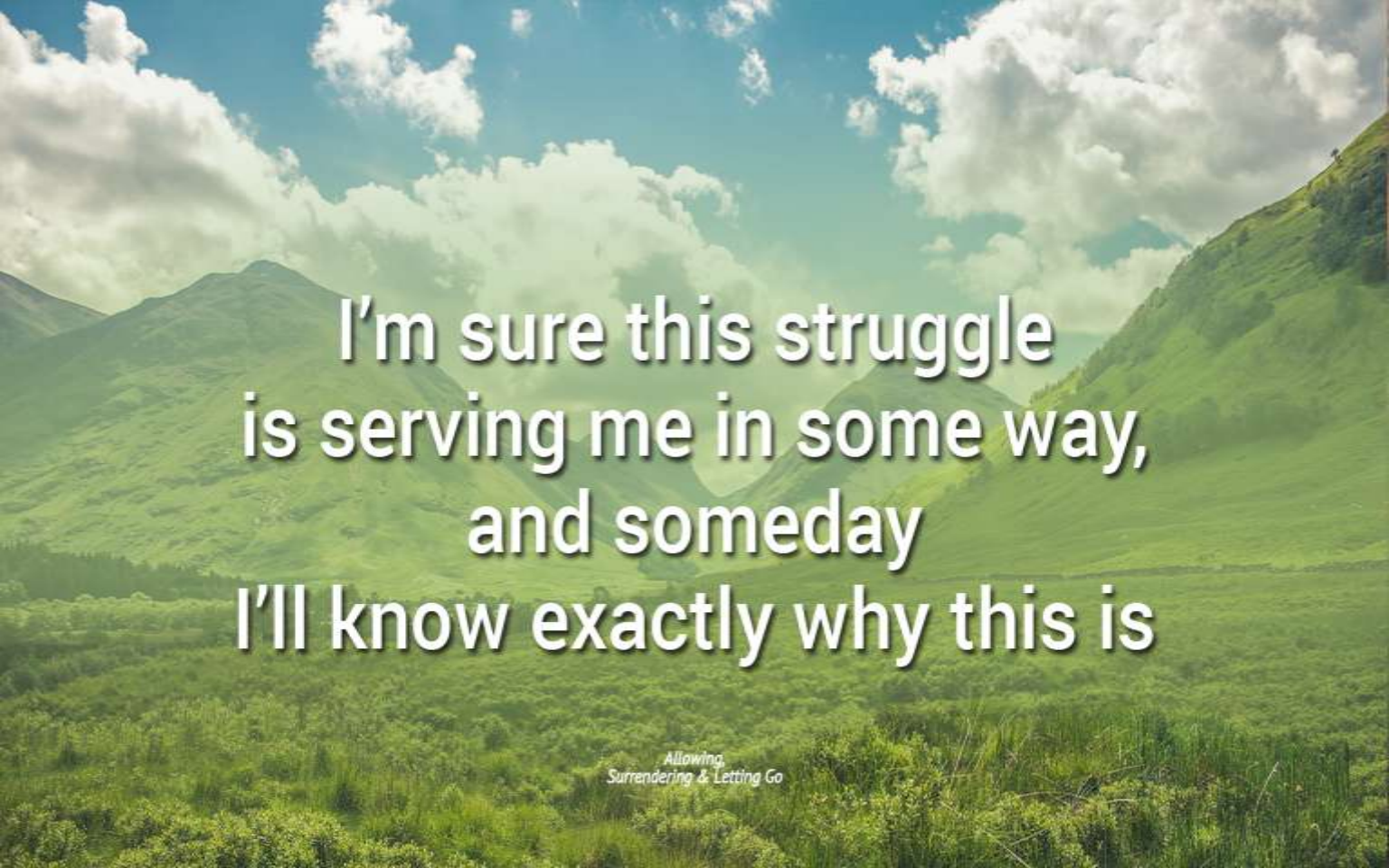
*Allowing,  
Surrendering & Letting Go*

A child is seen from behind, holding a large, glowing sky lantern (孔明燈) against a sunset sky. The lantern is lit from within, and the child is holding the base where the flame is. Several other sky lanterns are visible floating in the sky above. The sky transitions from a deep blue at the top to a bright orange and yellow near the horizon. The overall mood is peaceful and hopeful.

I can  
*figure this out*



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A scenic landscape of rolling green hills under a blue sky with white clouds. The hills are covered in lush green grass and vegetation. The sky is bright blue with scattered white clouds. The overall mood is peaceful and hopeful.

I'm sure this struggle  
is serving me in some way,  
and someday  
I'll know exactly why this is

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Surrendering & Letting Go*



True  
peace and harmony  
are a part of who I am

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I am  
**strong**

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Life is wonderful  
I trust in God/Universe  
to  
live a well fulfilled life



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

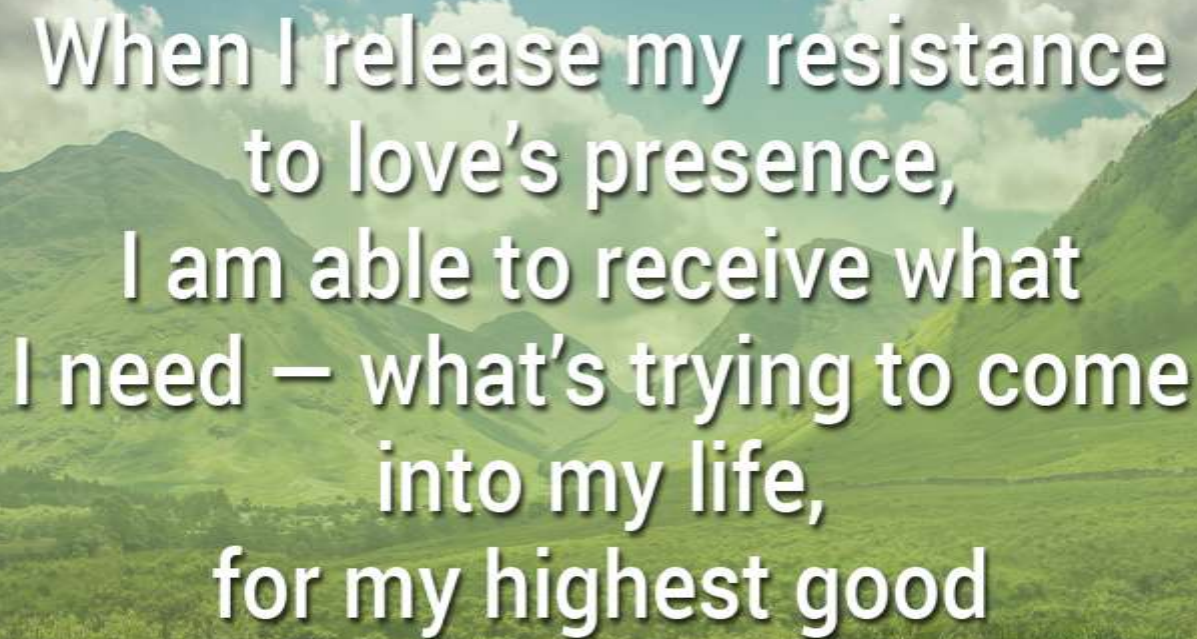
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Life is happening  
*for us*  
*not to us...*



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When I release my resistance  
to love's presence,  
I am able to receive what  
I need – what's trying to come  
into my life,  
for my highest good

*Allowing,  
Surrendering & Letting Go*



I will keep moving  
forward gently,  
not frantically

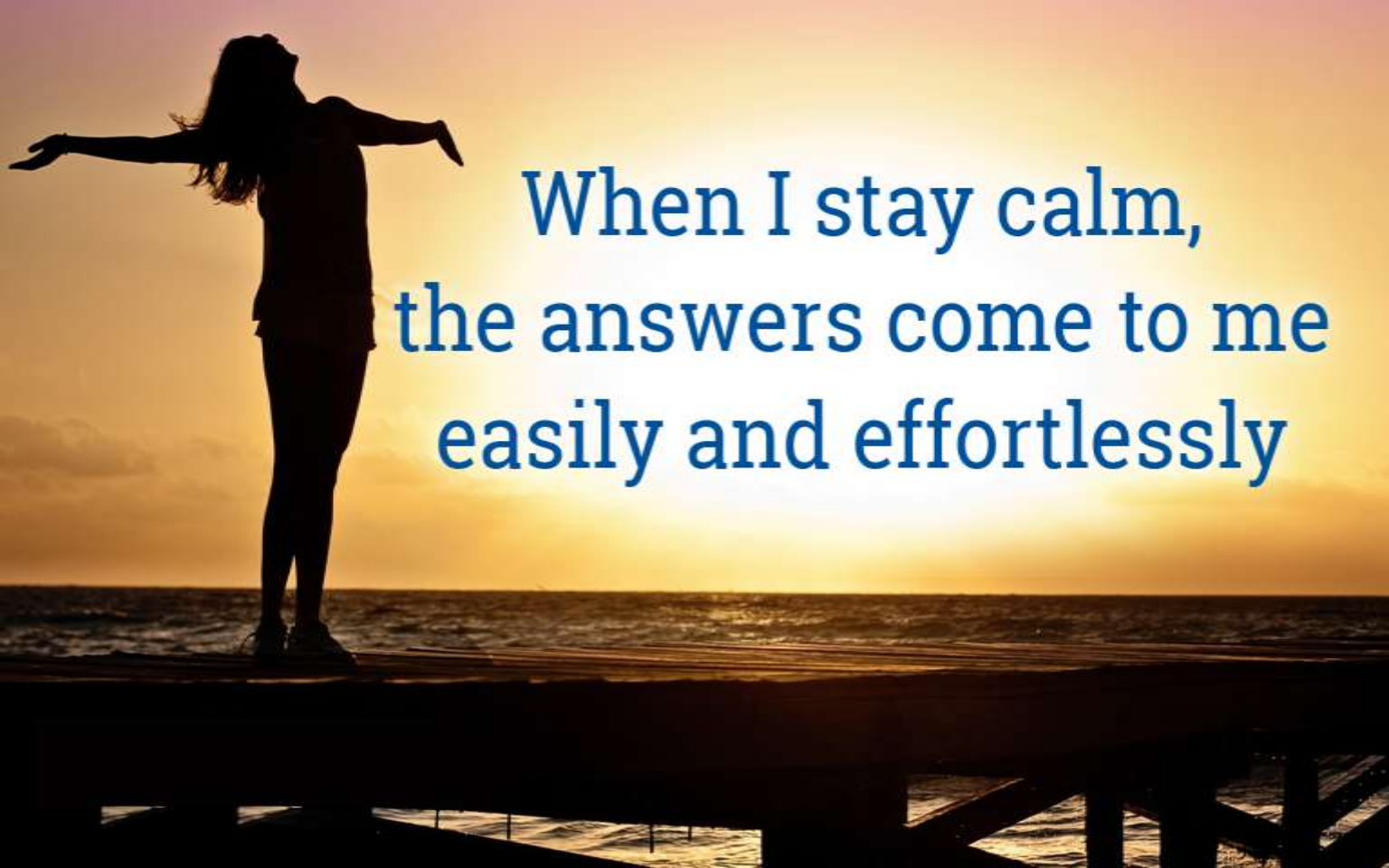
*Allowing  
Surrendering & Letting Go  
by Kim Serafini*



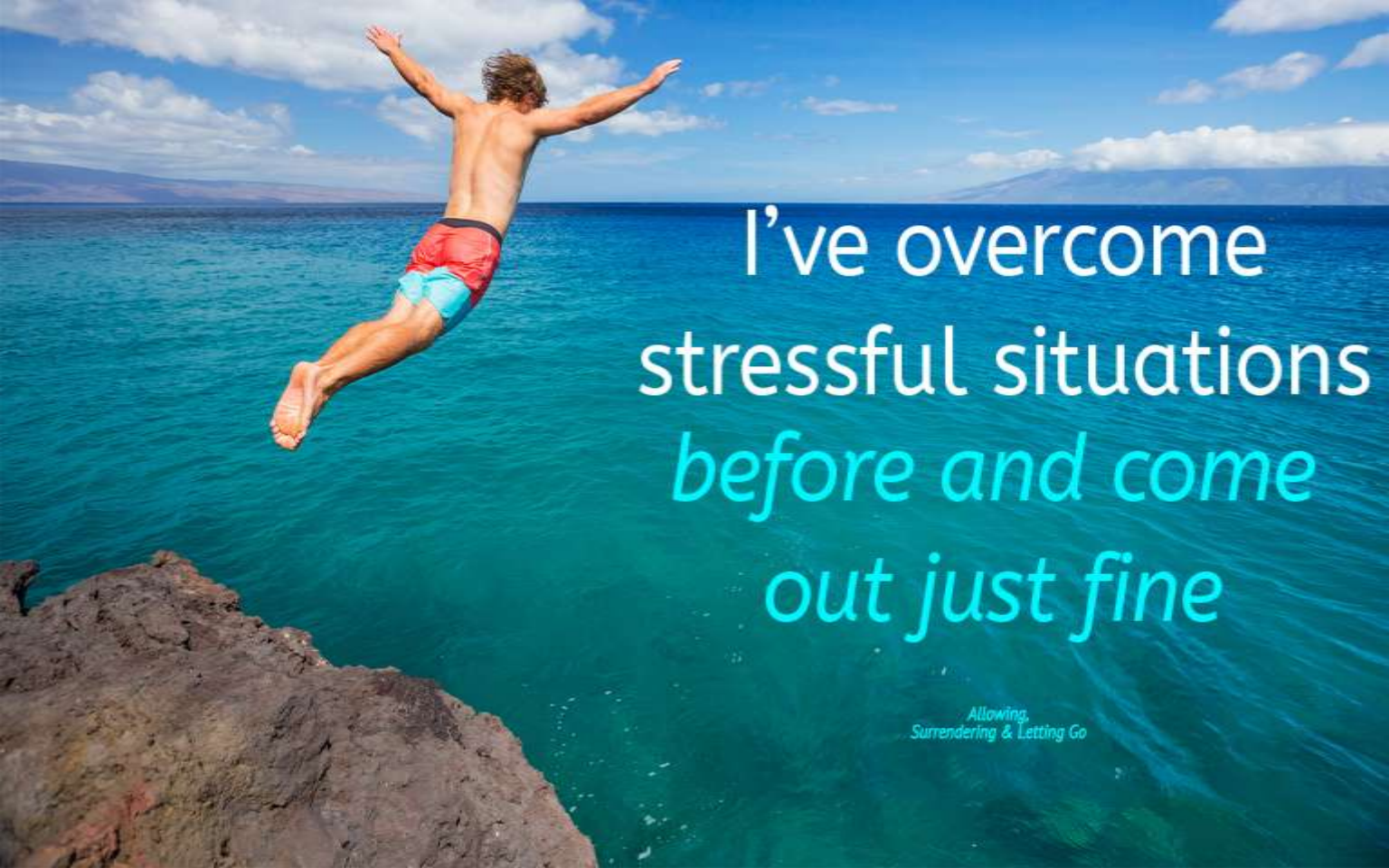
A dandelion seed head is shown on the left side of the image, with its seeds blowing away towards the right. The background is a soft, colorful sunset or sunrise, with a gradient from dark blue at the top to bright yellow and orange at the bottom. The overall mood is peaceful and hopeful.

I am grateful  
for a new day  
to play in

*Allowing,  
Surrendering & Letting Go*  
by Kim Serafini  
[www.positiveprime.com](http://www.positiveprime.com)

A silhouette of a person with long hair, wearing a long-sleeved top and pants, stands on a wooden pier or deck. Their arms are outstretched horizontally, and their head is tilted back, looking towards the sky. The background is a bright, golden sunset over the ocean, with the sun low on the horizon. The sky transitions from a pale yellow near the horizon to a soft orange and pink at the top. The water of the ocean is visible in the foreground and middle ground, with gentle waves. The pier's railing is visible in the lower part of the frame.


When I stay calm,  
the answers come to me  
easily and effortlessly



I've overcome  
stressful situations  
*before and come  
out just fine*

*Allowing,  
Surrendering & Letting Go*

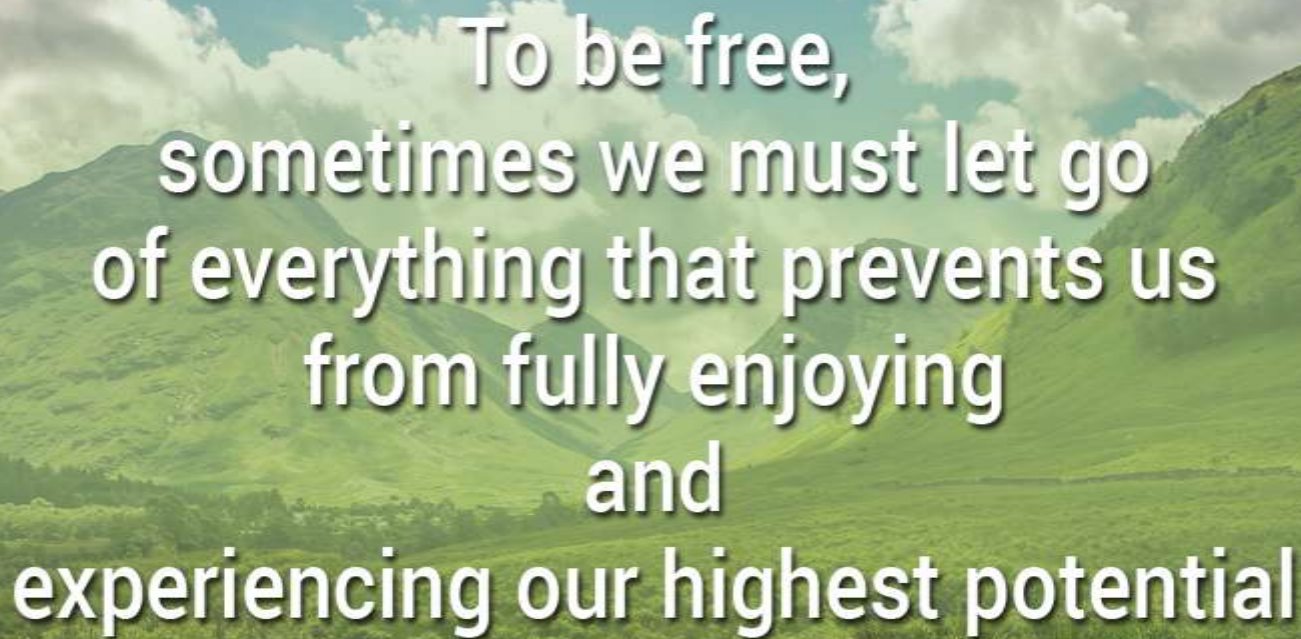


A child is seen from behind, holding a large, glowing paper lantern. The lantern is lit from within, and the child is releasing it into the sky. The background is a sunset or sunrise sky with a gradient of colors from blue to orange. Several other smaller paper lanterns are visible in the sky, and a few birds are flying in the distance.

I am not  
*my past*




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To be free,  
sometimes we must let go  
of everything that prevents us  
from fully enjoying  
and  
experiencing our highest potential


*Allowing,  
Surrendering & Letting Go*



Everything  
I desire in life  
is  
already within me.  
I love now.

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Surrendering & Letting Go  
by Kim Serafini*



A large dandelion seed head is the central focus on the left side of the image. The background is a vibrant sunset or sunrise, with a gradient from deep blue at the top to bright yellow and orange at the bottom. Several dandelion seeds are shown in mid-air, appearing to drift away from the main seed head. The overall mood is peaceful and contemplative.

Life is  
occurring  
**for me!**

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There is always  
something higher;  
a life beyond the limits  
of my present sight



I am free  
I have always been  
*I always will be*

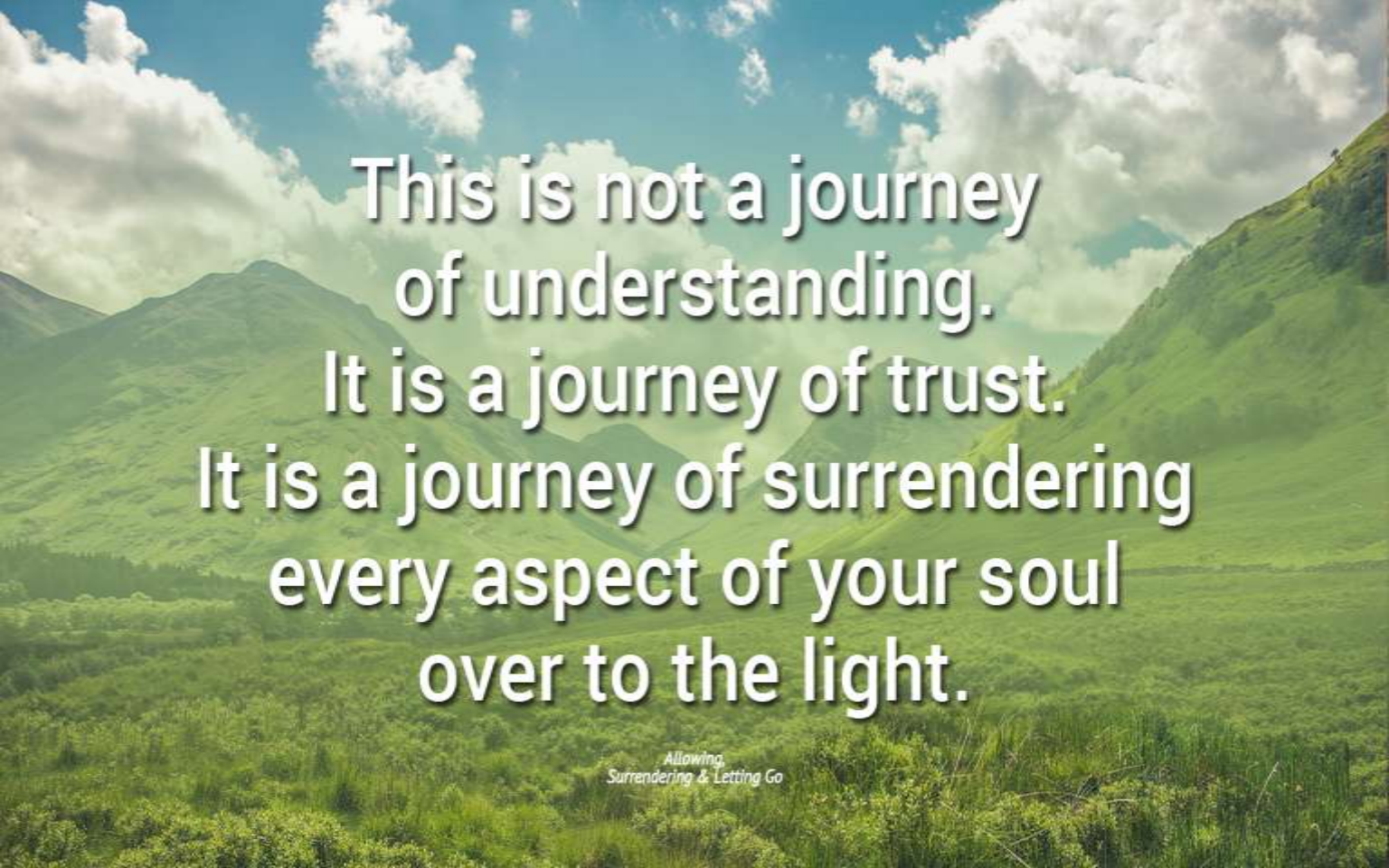
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I choose how I feel,  
*and*  
*I feel amazing*



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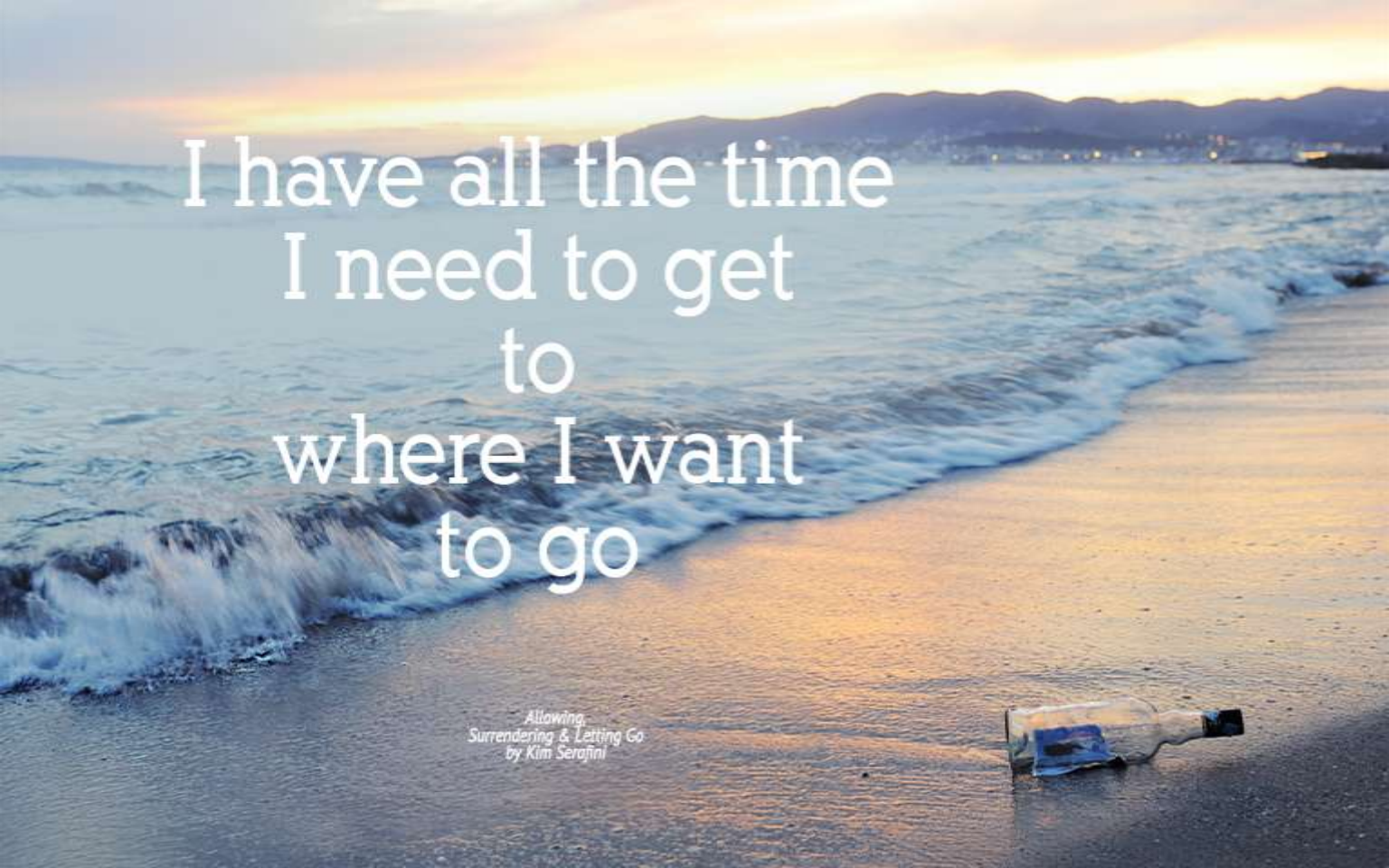




This is not a journey  
of understanding.  
It is a journey of trust.  
It is a journey of surrendering  
every aspect of your soul  
over to the light.

*Allowing,  
Surrendering & Letting Go*





I have all the time  
I need to get  
to  
where I want  
to go

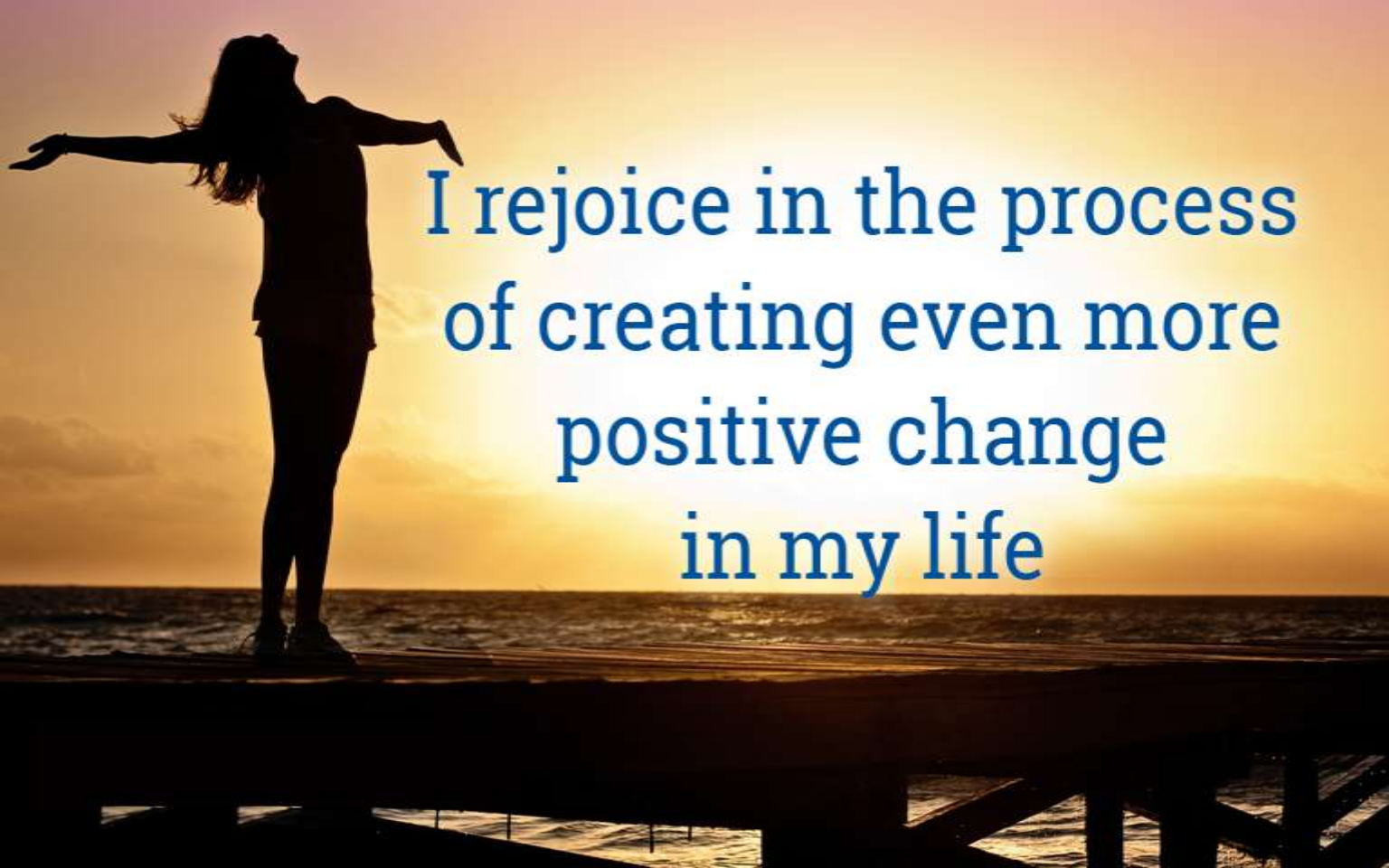
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A dandelion seed head is shown on the left side of the image, with its seeds blowing away towards the right. The background is a vibrant sunset or sunrise, with colors ranging from deep blue at the top to bright yellow and orange at the bottom. The overall mood is hopeful and optimistic.

My future is  
better than I could  
**ever imagine**

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A silhouette of a person with long hair, wearing a long-sleeved top and pants, stands on a wooden pier or deck. Their arms are outstretched horizontally, and their head is tilted back, looking towards the sky. The background is a bright, golden sunset over the ocean, with the sun low on the horizon. The sky transitions from a pale yellow near the horizon to a soft orange and pink at the top. The ocean surface is visible in the lower half of the frame, with gentle waves. The pier's railing is visible in the foreground, creating a dark silhouette against the bright background.

I rejoice in the process  
of creating even more  
positive change  
in my life



The future is good  
I look towards it  
*with hope  
and happiness*

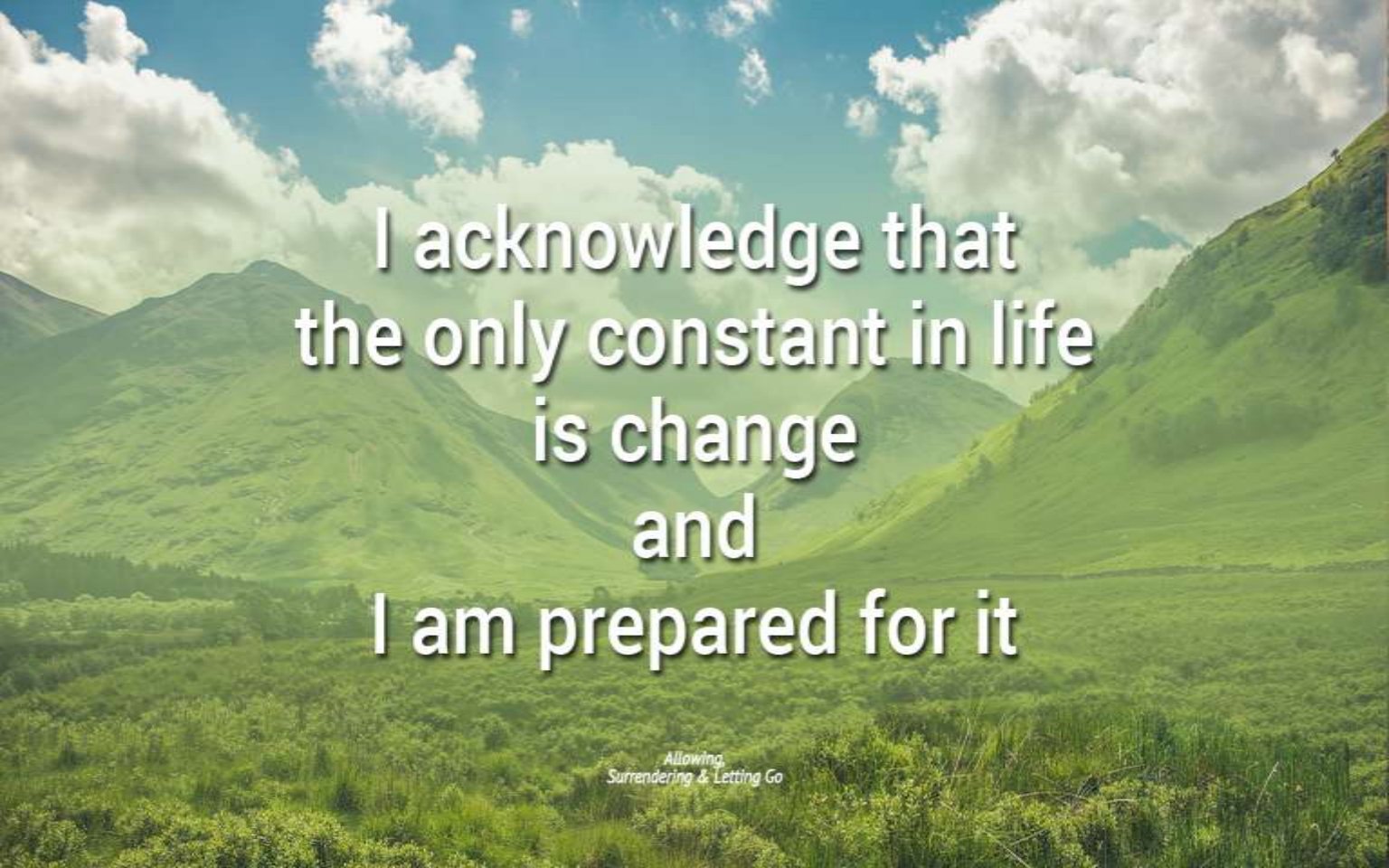
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Surrendering & Letting Go*

What if  
*this is*  
*Heaven?*



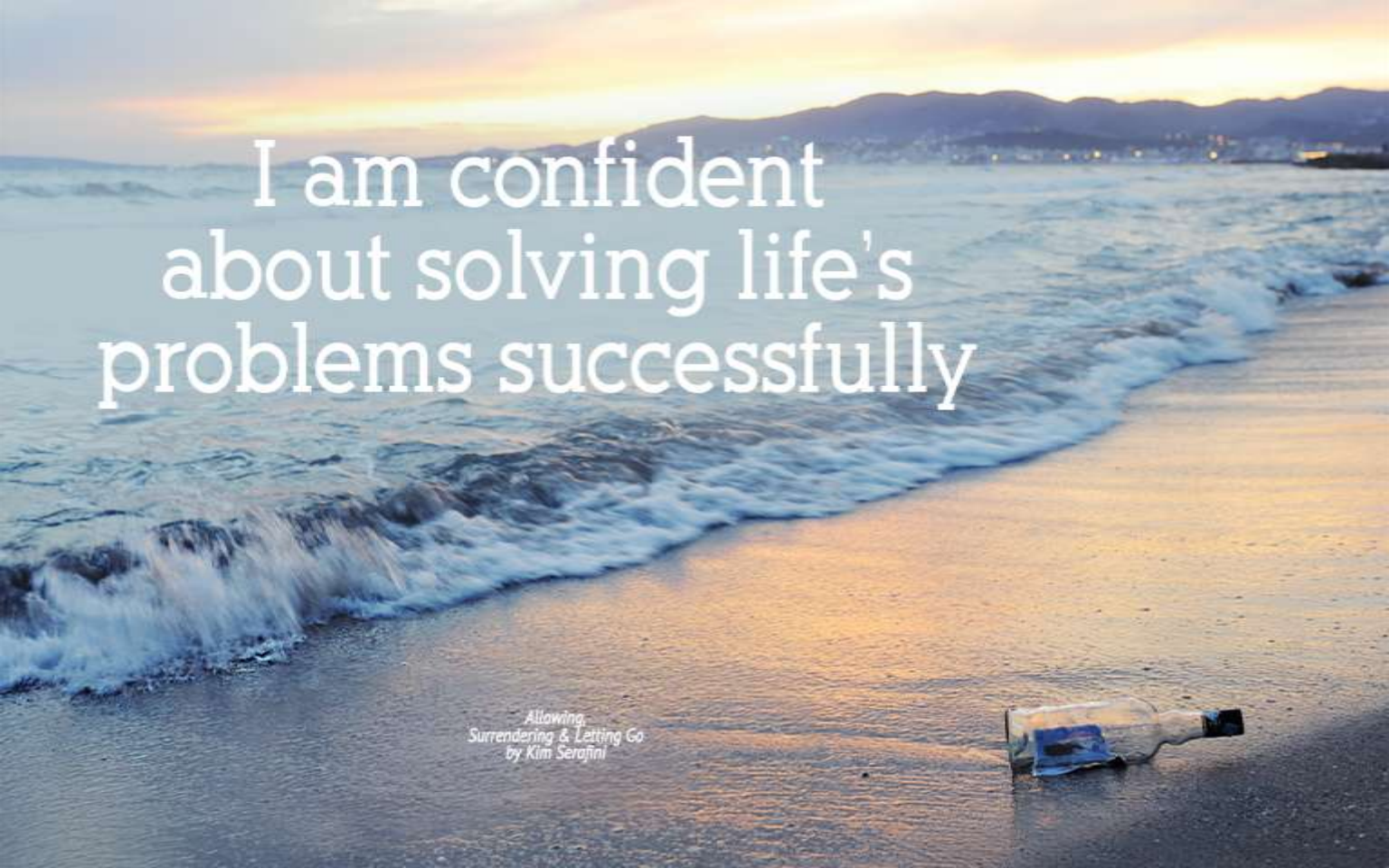
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I acknowledge that  
the only constant in life  
is change  
and  
I am prepared for it

*Allowing,  
Surrendering & Letting Go*

A serene beach scene at sunset. The sky is a mix of orange, yellow, and blue. Waves are breaking on the shore, creating white foam. In the distance, there are mountains and a city with some lights. The overall mood is peaceful and contemplative.

I am confident  
about solving life's  
problems successfully

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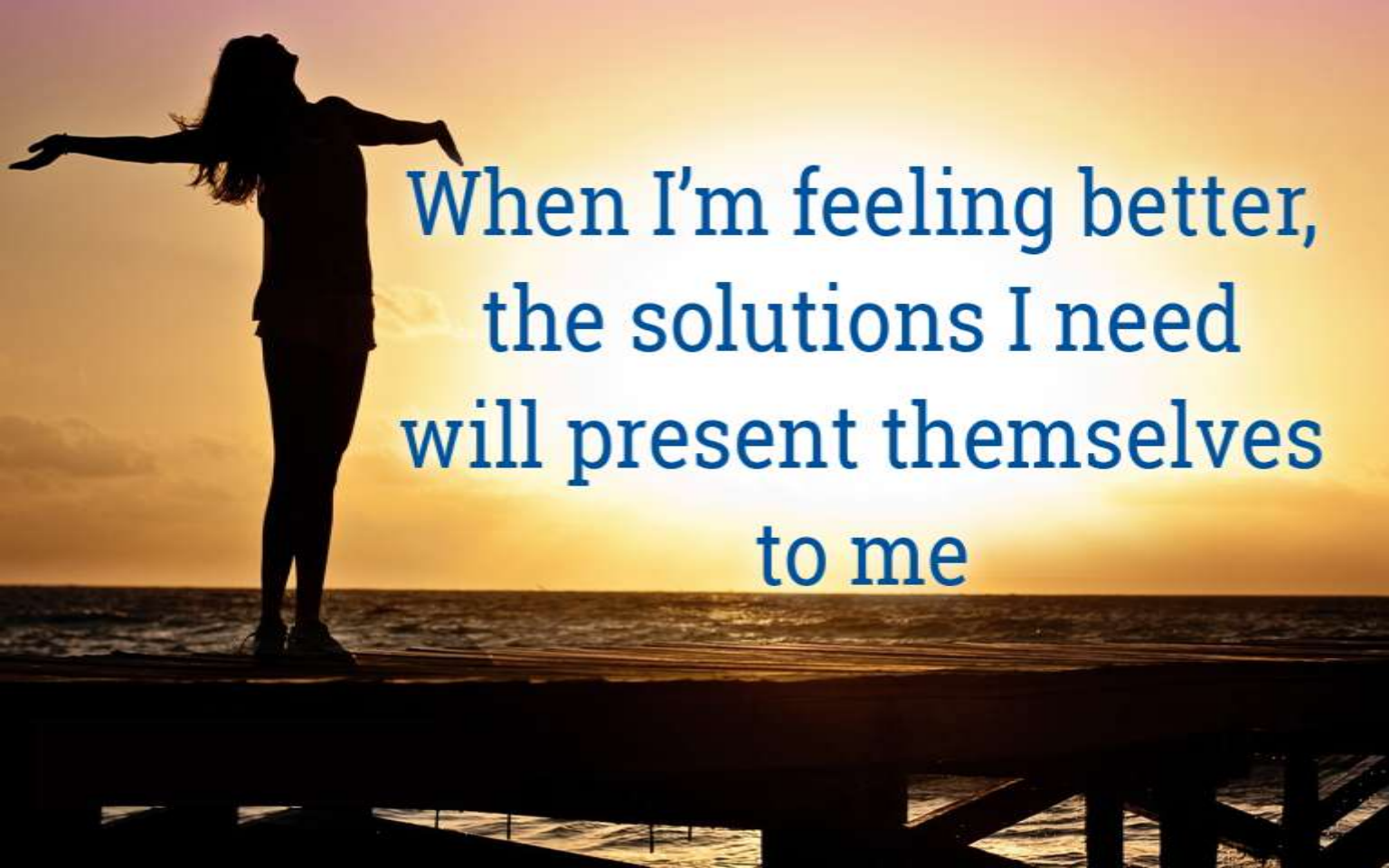


A large dandelion seed head is the central focus on the left side of the image. The seeds are blowing away, creating a sense of movement. The background is a soft, colorful sunset or sunrise, with a gradient from deep blue at the top to bright yellow and orange at the bottom. The overall mood is peaceful and contemplative.

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

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A silhouette of a person with long hair, wearing a long-sleeved top and pants, stands on a wooden pier or deck. Their arms are outstretched horizontally, and their head is tilted back, looking towards the sky. The background is a bright, golden sunset over the ocean, with the sun low on the horizon. The sky transitions from a pale yellow near the horizon to a soft orange and pink at the top. The ocean surface is visible in the lower half of the frame, with gentle waves. The pier's railing is visible in the foreground, also in silhouette.

When I'm feeling better,  
the solutions I need  
will present themselves  
to me

A man with long hair, wearing red and blue shorts, is captured mid-air as he jumps from a dark, rocky cliff into the ocean. His arms are outstretched, and his body is arched. The water is a vibrant turquoise color, and the sky is a clear blue with scattered white clouds. In the distance, a range of mountains is visible under the horizon.

I transform a  
painful experience  
*into a positive,  
fruitful endeavor*

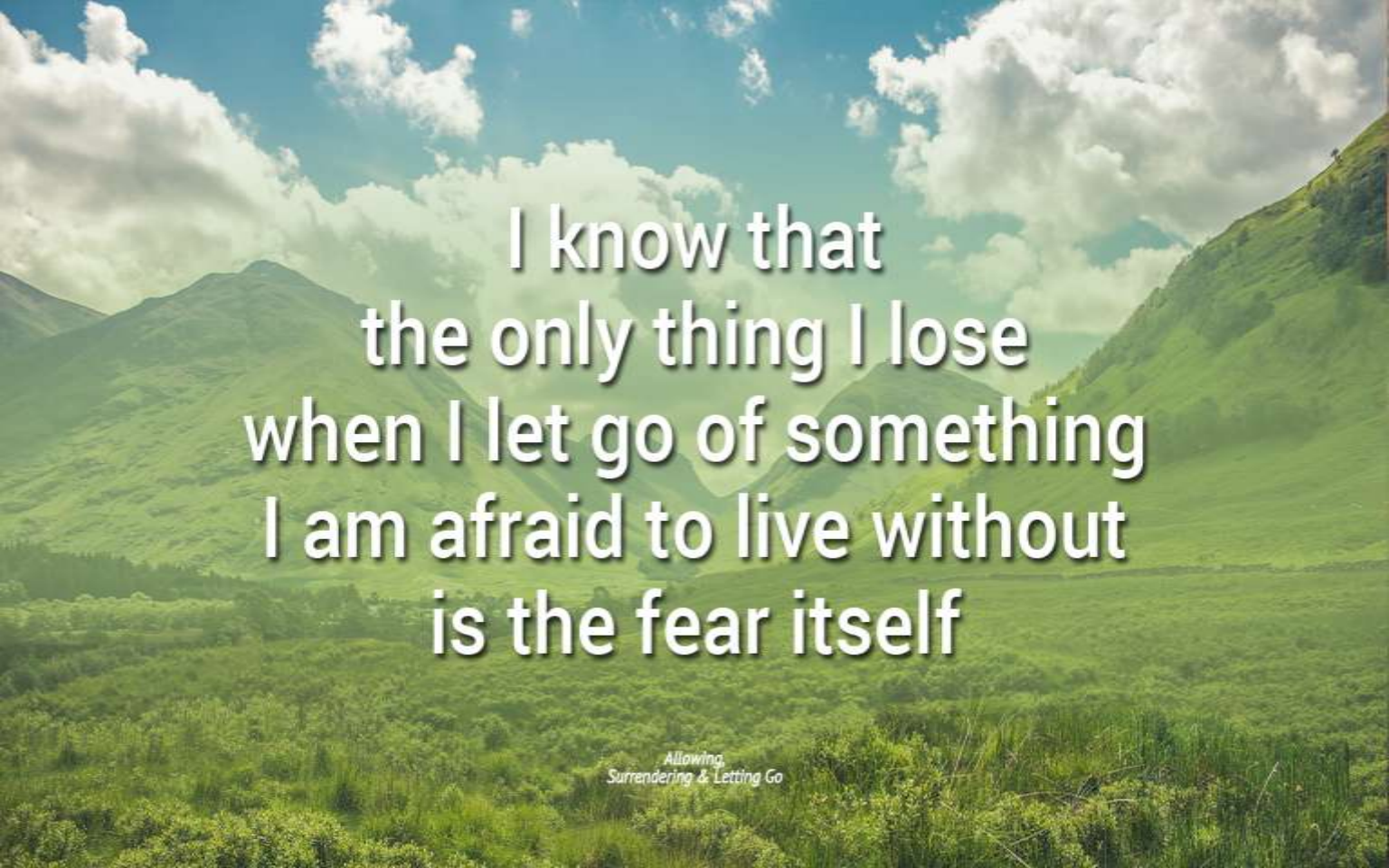
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Tomorrow is a  
*precious gift*  
*for which*  
*I am grateful*



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A scenic landscape featuring rolling green hills and a valley. The sky is bright blue with scattered white clouds. The foreground is filled with lush green vegetation, including tall grasses and shrubs. The overall atmosphere is peaceful and natural.

I know that  
the only thing I lose  
when I let go of something  
I am afraid to live without  
is the fear itself


*Allowing,  
Surrendering & Letting Go*



I open myself up  
to the excitement  
that each day  
can bring


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A dandelion seed head is shown on the left side of the image, with its seeds blowing away towards the right. The background is a soft, colorful sunset or sunrise, with a bright yellow sun partially obscured by the dandelion. The overall mood is peaceful and hopeful.

I love myself  
deeply and  
**unconditionally**

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I naturally transform  
negative experiences  
into positive growth

A man with long hair, wearing red and blue shorts, is captured mid-air as he jumps from a dark, rocky cliff edge into a vast, clear blue ocean. His arms are outstretched, and his body is horizontal. The background shows a bright blue sky with scattered white clouds and distant, hazy mountains on the horizon. The overall scene conveys a sense of freedom, release, and taking a leap.

Actively  
contribute  
to  
benefit others

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Surrendering & Letting Go*



What lies ahead for me

*can  
only be good*



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Show  
support!

*Allowing,  
Surrendering & Letting Go*



Today  
tell someone how much  
you appreciate them  
today

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Surrendering & Letting Go  
by Kim Serafini*




A dandelion seed head is shown on the left side of the image, with its seeds blowing away. The background is a vibrant sunset or sunrise with a gradient from blue at the top to yellow and orange at the bottom. The text is overlaid on the right side of the image.

I say goodbye to  
the past and hello  
**to the present**

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Each day  
I choose to seek  
and acknowledge  
my personal happiness



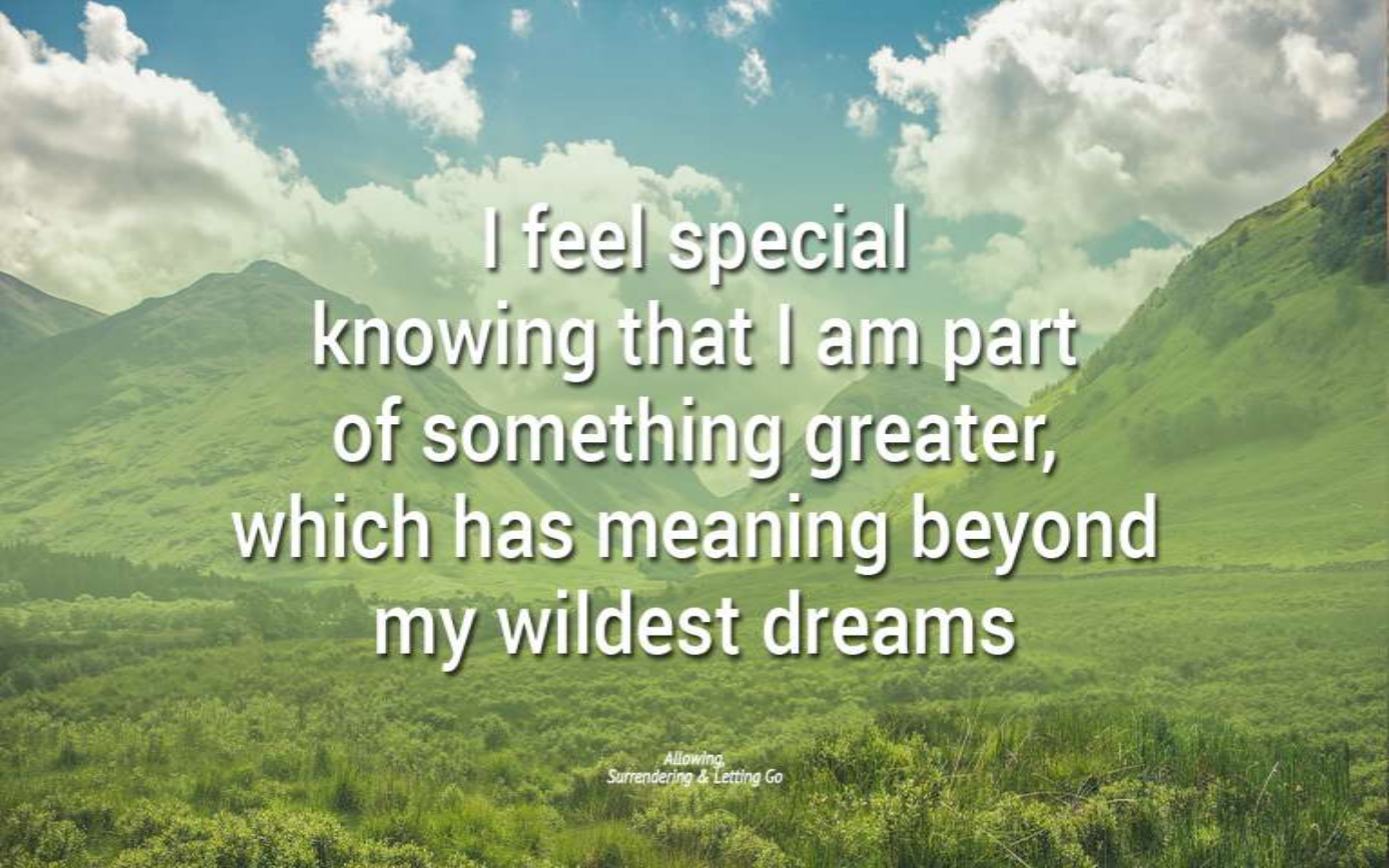
I will remember that  
sometimes we don't get  
what we want  
because there's always  
something infinitely  
better in store for us

*Allowing,  
Surrendering & Letting Go*



Make sure you do  
something  
*caring*  
*today*

*Allowing,  
Surrendering & Letting Go*



I feel special  
knowing that I am part  
of something greater,  
which has meaning beyond  
my wildest dreams

*Allowing,  
Surrendering & Letting Go*

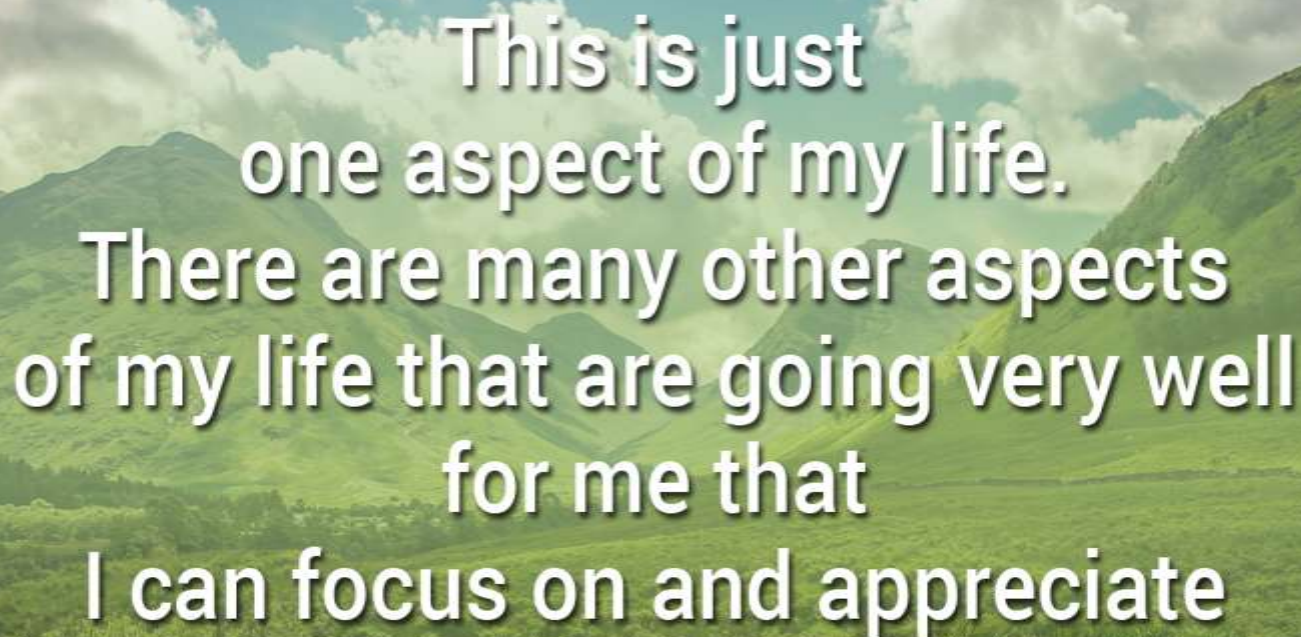


A child is seen from behind, holding a large, glowing paper lantern. The lantern is lit from within, and the child is holding the base where the flame is. The background is a sunset sky with other lanterns floating in the air. The overall mood is peaceful and hopeful.

I am willing  
*to trust*



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A scenic landscape of rolling green hills under a blue sky with white clouds. The text is overlaid on the center of the image.

This is just  
one aspect of my life.  
There are many other aspects  
of my life that are going very well  
for me that  
I can focus on and appreciate

*Allowing,  
Surrendering & Letting Go*

A serene beach scene at sunset. The sky is a mix of orange, yellow, and blue. Waves are breaking on the shore, creating white foam. In the distance, a city and mountains are visible under the twilight sky. The overall mood is peaceful and contemplative.

Smile  
allow the action  
to drive  
the reaction

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What has  
gone well?

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Surrendering & Letting Go*



I am always  
all that I need to  
**live a joyful life**

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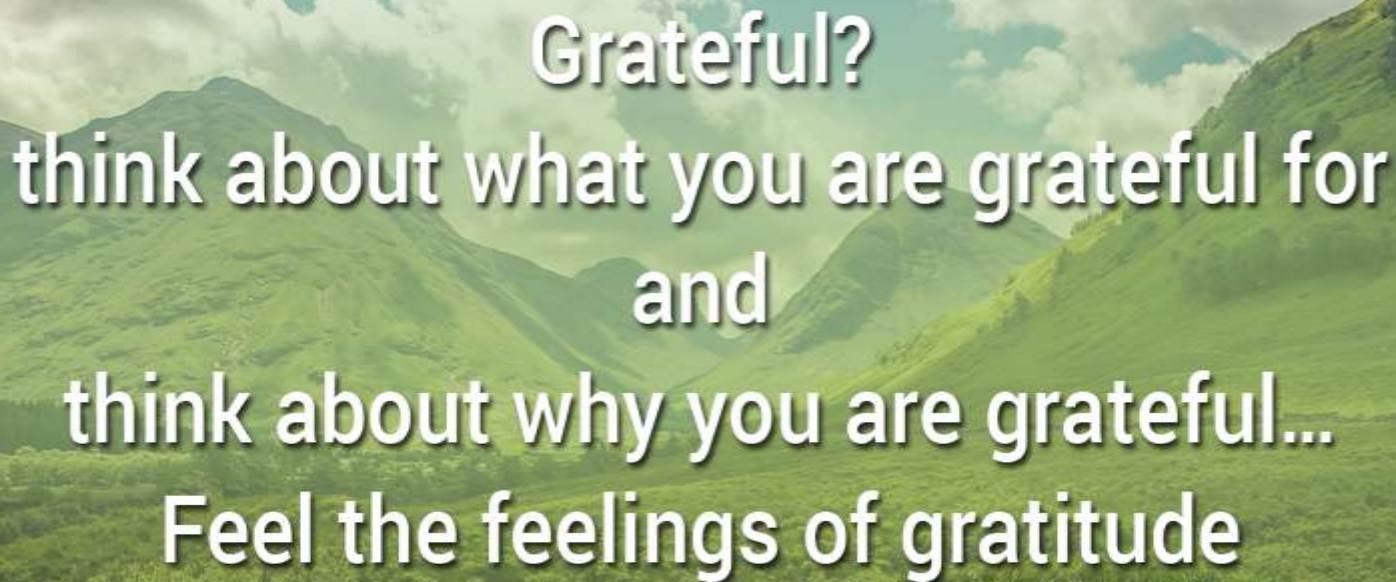
Thank you  
so much!

*Allowing,  
Surrendering & Letting Go*



What  
went right?

*Allowing,  
Surrendering & Letting Go*



Grateful?  
think about what you are grateful for  
and  
think about why you are grateful...  
Feel the feelings of gratitude

*Allowing,  
Surrendering & Letting Go*