



# Everything I need is right here with me

## **Everything I need is right here with me.**

Regardless of what comes next, it's all right here with me.

Regardless of what comes next, I trust myself. It's all okay.

I let go of fear and release anxiety and worry. **I believe keeping an open heart to accept any situation unconditionally helps me thrive**, and I have faith that everything turns out well in the end.

When I have an aversion to something or need more understanding, I further investigate. I find information to help me understand why things happen and take action.

I believe in miracles and magic, and I think that things always work out for my greater good.

## **I trust myself to create solutions to problems instead of falling prey to them.**

Whatever happens in my life, I learn from it and grow from the experience. I let go of trying to control the outcome of situations,

and I focus on what feels right to me.

Regardless of what comes next, my life is still outstanding, and I enjoy life's journey. I am open to whatever comes my way and might happen next, and I am prepared for all possible outcomes and know I can handle the unexpected.

I hug myself, and I love my life. I love my family. I love my friends. I love my job. I love my life.

**Today, I am grateful for every experience and the wisdom I have in the present.** I am thankful to create a bright future by focusing on today. I love my possibilities.

## **Self-Reflection Questions:**

1. How can I adapt quickly to new circumstances?
2. What helps me remain calm and relaxed in these situations?
3. How does gratitude for learning help me move through life?