

Compassionate words for my 5 year old self:

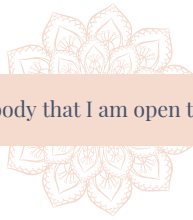
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4 words that describe my desired state:

In this moment choose one of the words that describe your desired state. Close your eyes and take 3 deep breaths. Spend 1 minute feeling this feeling into your body. Dropping your shoulders and breathing this feeling into your energy. Choose an image in your mind that reflects this feeling for you and allow yourself to be submerged in this vision. Imagine your heart opening to this feeling being here for you now.

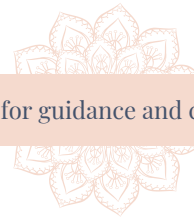
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3 areas of my body that I am open to loving more:

Close your eyes and gently lay your hands on one of the areas of your body that you listed. Take a deep breath in and as you exhale feel your breath moving through your hands into your body. Take one minute to continue this with your breath and repeat the statement "It's okay, I'm here, and I accept you." Remembering there is nothing you need to do to earn this love for yourself and your body.

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A prayer for guidance and connection

Thank-you Spirit, the highest vibration of love, for your guidance and protection from all that is not here for my highest good. Thank-you for helping me remember my highest truth and for supporting me as I integrate that truth into all areas of my life. Thank-you for bringing me the wisdom and inspiration I need to carry me through my coming days. Thank-you for using my life as a vessel for your love. Spreading this love into all areas of my life and into the lives of others. I am here and I am grateful.
Amen

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