

MINDFULNESS for a messy life

Write yourself a letter of appreciation

For all the times you need a reminder that you're on the right track, this can be a great little boost. You can do this whenever you're in a good mindset to do it. Just free-write a response to these or similarly focused questions:

- I have overcome...
- I am proud that I've...
- I am still working on...
- I am...and I will..

End on an empowering note, giving yourself a nice verbal high five. Thank yourself for completing this course and taking some major steps on your healing journey. This can be something you read to yourself, or listen to as a recording. Below I've shared a version I wrote for myself. If this resonates, awesome! You can listen to the recorded version above.

"I am not past all my struggles, and that's okay. It wasn't a smooth road to get here, but I've come a long way and am proud of how hard I've worked to get where I am now. I have so many more tools and resources than I ever have. While my pain may still knock me down sometimes, I now know it won't sink me; I have learned how to get back up again. I no longer believe that the struggles I face will do me in.

I work daily to maintain a foundation of mental and emotional health through all the practices I've learned and integrated into my life. I am developing positive psychological filters, which will bring greater resilience, emotional fortitude and a whole host of other inner resources that will emerge over time. My intuition about what I need grows with my awareness and acceptance of my current experiences and I trust that there is good growing behind the scenes that I may not yet be able to see.

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I know that sometimes it's easier to see the negative than the positive, and I may still need evidence of positive changes in my life, but I am committed to paying attention to the good, no matter how small, and celebrating my every accomplishment. I know that it takes time and that every little bit helps. I am a powerful work in progress, and every day I am closer to healing what I can, and more skillfully managing anything that cannot be fully healed. I trust that the result will be a life that feels truly, deeply good."