

MasterClass with Donna Hartley

Insight 2: Take That Magical Journey

Journal:

Write twenty short, positive statements about yourself. Positive facts about yourself. "I am kind. I am on time. I am a good gardener" Think about the positive thing you've already accomplished!

Self-Talk:

Come up with five positive statements and repeat those to yourself for a month, they can be true and you want to reinforce them, or they could be areas you want to work on. "I am healthy, I love to exercise, I am a good author." You can put them on your mirror on a post-it note so you see the positivity every morning and night.

Visualization:

At night *visualize* what you want to create in your life. It only takes a minute, you just have to feel it. For example, I envision my bathroom being remodeled, or envision my spiritual awareness is fully awakened. I envision myself taking a vacation to Japan next year.

Checklist:

- Meditate three times this week to Healing Meditations "Calming Tides"
- Write in journal three times (the "ah-ha!" moments)
- Keep working on creating balance in your life

Insight of the week:

Be kind to yourself! – *Donna Hartley*