



INSPIRATION ACTIVATION

ANGER BREATH, COUNT BACKWARDS
FROM 10 AND AFFIRM:

I AM GRATEFUL THAT I AM ACCEPTING
THE KIND OF LOVE THAT CAUSES ME TO
BE WHAT I TRULY AM.

I AM PATIENT AND THE ACTIVITY OF MY
PATIENCE RELEASES ME FROM ALL FORM
OF ANXIETY.

I AM KIND AND THE ACTIVITY OF MY
KINDNESS GIVES ME THE COURAGE TO BE
GENEROUS TO OTHERS.



I AM UNDERSTANDING, THE ACTIVITY OF
MY UNDERSTANDING SILENCES ENVIOUS
THOUGHTS.

I AM MODEST, THE ACTIVITY OF
MODESTY KEEPS MY EGO FROM ARGUING
WITH OTHERS.

I AM MEEK, THE ACTIVITY OF MEEKNESS
ALLOWS ME TO ATTRACT THE BEST
SUBSTANCES IN THE EARTH.

I AM RESPECT, THE ACTIVITY OF MY
RESPECTFULNESS PRESENTS ME AS
PLEASANT COMPANY.



I AM PEACEFUL, THE ACTIVITY OF PEACE
CALMS EMOTIONS OF ANGER.

