



BLISSFUL MANTRA  
IT'S ALL GOOD

I .....,

hereby pledge and commit to the following every time i want to  
feel calmer, lighter and free-

1. Take 5 deep breaths (inhale through the nose and exhale through the mouth).
2. Place ALL my attention to both my feet (becoming aware of the point of contact between my feet and the ground).
3. Drink a glass of water (I keep a bottle with me at all times).
4. Flood my entire body with white, warm healing light (every part of my body is soaked in it for 5 seconds).
5. Surround the person and myself in our own individual pink bubble (see him/her through the pink filter).

If I still do not feel better, I excuse myself and tap!

### **Guiding Mantra**

*I give myself permission to be compassionate towards myself if I forget or mess up.*

*I choose to remind myself that I am learning a whole new language of self-love and it can take a bit of practice before I get fluent.*

*I choose to now focus on my progress and actively encourage myself.*

*I expect to master this habit.*

*Date:*

*Sign:*