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*Wishing you a beautiful month ahead as we begin a month of 4 elements:*

*Gratitude*

*Mindfulness*

*The Nervous System*

*Affirmations/Mantras*

*Create a quiet and comfortable space for yourself, safely light a candle and put on some relaxation music. Let the pen and words flow, don’t judge what you are writing and be kind to yourself.*

*Gratitude*

*When have you felt frustrated and angry at life?*

*How has this made you feel in your body?*

*When have you felt happy and in sync with your life?*

*How has this made you feel in your body?*

*Have you ever been grateful for everything in your life in an attempt to avoid going for other dreams and goals that you have?*

*(I explain this in your teaching on 20th May 2021)*

*What does gratitude mean to you?*

*What are you grateful for? (Write as much as you can)*

*How can you create a gratitude practice in your life?*

*How do you feel this gratitude practice will help you?*

*Mindfulness*

*Do you show yourself loving kindness? If yes, why. If no, why?*

*Do you show others loving kindness? If yes, why. If no, why?*

*How do you think mindfulness can help you in your daily life?*

*What do you think being mindful means?*

*The Nervous System*

*I am leaving these next 3 pages blank as you will journal after you listen to the teachings on this section.*

*Affirmations*

*Do you believe in affirmations? If yes, why? If no, why not?*

*Create Your Own Affirmations*