

## On Purpose Meditation

Take three nice deep breathes...in through the nose, out through the mouth. Allow your body to relax and let go of all the days events.

Breathe in, breathe out. Notice your breath as you breathe in...then out...

You feel fully relaxed. Leave it all at the door...empty your mind of anything inauthentic

You go to a peaceful place in your mind. A mountain top, a beach, a meadow. Be there in your mind. Bask in the beauty smell the air, what does it smell like, breathe that in

What is the temperature, is it warm, cool, breezy calm, allow that picture to permeate your thoughts

Feel the warmth on your skin, hold this thought anytime you need to feel relief, or just because it feels good.

Thank yourself for this new commitment to you

There is nothing more important than to feel good now There is nothing more important than to feel good now

Bring your focus back to the room, and when you are ready I want you to write down 10 things that you appreciate