

# MENTAL & EMOTIONAL NOURISHMENT

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**I CHOOSE TO NOURISH MY  
MIND, BODY & SOUL WITH  
WHOLE FOODS, LOVING  
THOUGHTS, MEDITATION &  
MOVEMENT.**

**THE OPPOSITE OF CONTROL IS  
FAITH. I LET GO OF MY AGENDA  
AND HAVE FAITH THAT THERE IS A  
GREATER PLAN.**

**I FIND WISDOM IN  
ACCEPTING MY THOUGHTS  
WITHOUT JUDGMENT.**

**I AM NOT SUPERIOR OR  
INFERIOR TO OTHERS. I  
CHOOSE SELF-ACCEPTANCE  
OVER OTHER'S APPROVAL.**

**MAY LOVE HELP ME, GUIDE  
ME, HEAL ME & SET ME FREE.**