

EXERCISE:

BREATHE IN PROUD FEELINGS

Time Needed: 5 MINUTES

Location: SOMEWHERE QUIET AND COMFORTABLE

Think of a time when you felt proud of yourself.

It may be a time you were kind to someone else, when you accomplished something you felt good about, or when you know you tried your best.

Now, imagine your favorite color.

Take a conscious deep breath, and as you breathe in, see that color coming into your body and spreading through every part of it.

Feel the pride and your color going into every cell inside of you.

Breathe out.

Take another breath in. See the color go inside you again, and as you breathe out, imagine how your color spreads with your breath, creating a color around you.

Breathe in and out.

Next time you feel proud of something you are doing, try to remember to breathe in your pride, associating it with your favorite color. Let that pride seep into every fiber of your being!

At the end of the day, think about three things you are grateful for.
It's a great way to get you in a good mood before going to sleep!

