

I release what I am done with.

I let what's new find form.

I allow dreams to fill me

I allow new thoughts grow

I let the light in

I know what I want

I take care of all of me

I know my power

I set healthy boundaries for myself

I delight in my work

I am part of something bigger

I stand steadily in my life

I have peace in my heart

I see things through

I relax my shoulders

I am whole

I open my heart and receive

I take time to myself

I receive the autumn darkness

I am good to myself

I am grateful

I savour everything I am learning

I set my burden down

I listen to my heart

I allow dreams to form

I rest in body and soul

I belong

