

OPEN YOUR VISION!

MAKE IT YOURS! | A 60-second practice you can repeat

1 CLOSE IT.

Hold your hands beside your eyes like blinders.
Look forward. What disappears from view?

2 OPEN IT!

Wiggle your fingers. Slowly move your hands outward.
Keep looking forward. Notice what else you can see.

3 SAY IT. MEAN IT.

Open your arms and say in the PRESENT tense:
"I am open to receiving all good things."

YES! YES! YES!

4 PRACTICE IT AGAIN!

Choose a present-tense statement you want to practice.
Example: "I care for myself a lot." Then: YES! YES! YES!

MY STATEMENT: _____

Try it when you notice worry or stress. What feels different, if anything?

PRACTICE. PRACTICE. PRACTICE.

Notice more. Choose your words. Keep exploring what is possible.