

Declaration

1. Take 3 Deep Breaths, 3 Full Breaths and
3-5 "I Am" Breaths
2. I Choose to Experience _____ (Ideal).
(Imagine Experiencing Ideal)
3. I Choose to Believe and Know ____ (Mantra).
(Imagine Being/Living Mantra)
4. I am Committed to Acting in Alignment with
_____(Ideal).
(Imagine acting in support of Ideal and
Engaging in Action Plan)
5. I Trust and Appreciate knowing it is
Already Done!
(Imagine Gratitude of Experience)
6. 3 Ujjayi Breaths



