



As you breathe slowly and deeply, imagine a vibrant yellow light flow into your body with every breath you take. This yellow light is charged with a powerful positive energy, so with every breath you take, your body will become naturally energised.

You may feel a slight tingling as this positive yellow energy spreads throughout your entire body, recharging every cell and every part of you. As your life-force is recharged with this positive, vibrant energy, you feel simple pleasure in being alive; you begin to look forward to this great day.

Embrace this feeling. Give yourself permission to feel great, to feel great about yourself.

Now, quietly repeat in your mind: I am energised, I am healthy, I feel great. Just be quietly aware in the back of your mind that with every breath you take your body and energy will continue to recharge, so keep your breathing nice and deeply.

Smile to yourself and pay attention to how that simple little smile improves your overall morning mood.

Try to keep that smile on your face, while you repeat quietly in your mind after me:

I love my life

I am grateful for my life

I love who I am

I am confident

I am loved

I am happy

I feel great about myself

I am safe and I feel safe

Today everything is fun and easy

Today wonderful things happen to me

I am allowing myself to enjoy this day

Today is a great day

(REPEAT SECTION)

Now it is time to begin your great day. Begin by gently stretching your back and arms, wiggle your toes and listen to the sounds around you.

Know that when you open your eyes you will be wide awake, feeling energised and ready for a great day.

Open your eyes and enjoy this great day.