



### **Personal Growth Meditation**

I choose to define myself.  
I open my heart for wonderful things to flow to me.  
I enjoy time for myself.  
I allow myself to experience joy.  
I solve problems with patience and persistence.  
I think positive thoughts.  
I trust in the process of life.  
I protect myself from negative energy.  
I journal to manage my thoughts.  
I choose to see challenges through love and not fear.  
I rejoice in the love I encounter every day.  
I create positive change.  
I make the world a better place.  
I express my needs and feelings.  
I transform all areas of my life.  
I attract only healthy relationships.  
I receive the support I need.  
I forgive those who hurt me.  
I love myself for who I am.  
I am whole and complete.  
I am grateful for my journey.

