

My Treasure Chest V

My Internal Resources - Exercise

Write on paper or in your phone ALL THE GOOD THINGS that have occurred in your life and list the names of ALL THE PEOPLE that have had a POSITIVE IMPACT in your life. When you struggle with feelings of anxiety and depression, simply take out your list and read it through, one resource at a time... either in your head or out loud (between 5 to 10 seconds each). Take the time to connect with the positive feelings each of these elicits in you. Breathe out after each resource, and relax your body. Take as long as needed... there is no rush. Bathe in the warmth, the goodness and the love of these precious resources.

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