

# WORDS TO REPEAT TO YOURSELF

for December 2023

## **Friday, December 1**

Even here, in December, I'm becoming more open to the possibility that the journey ahead can still unfold in beautiful, healing ways that I have yet to imagine.

## **Saturday, December 2**

I am learning to be open to both subtle and grand introductions of newness and possibility in my life.

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## **Sunday, December 3**

I am creating room for new experiences and untraveled paths.

## **Monday, December 4**

Even when there are expectations to fit into a certain role or image, I create space to explore who I am beyond the limits of who I thought I had to be. I am creating room for continual discovery.

## **Tuesday, December 5**

When I start to wonder if I am actually valued for who I am, and not just what I do, I remind myself of life experiences and moments that have quietly contributed to my journey, no matter who did or did not notice. There is so much more to my value than what's on the surface.

## **Wednesday, December 6**

Even here, toward the end of the year, I am allowed to explore what new pathways might be created here.

## **Thursday, December 7**

I am considering the places in my life where I can say: "I am letting that chapter end and moving into a new one...and I can't wait to experience something new unfold."

## **Friday, December 8**

Whenever I find myself reflecting on the conversations I wish I had or the things I left unsaid, I acknowledge my feelings while also being patient with myself as I carry onward, knowing that there will be other chances to heal and connect with others in the future, in different ways.

## **Saturday, December 9**

When past experiences make it difficult to approach something new without fear, I remind myself that even in subtle ways, I am not the same person I was before, as I have grown and learned from those experiences. I will hold on to this as I carry onward, day by day.

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## **Sunday, December 10**

This is authenticity: I am continuing to discover who I am and who I can become, beyond external expectations...and it's freeing.

## **Monday, December 11**

I am learning to recognize the value of recovery time, for I know that it is needed to sustain efforts for the rest of the journey.

## **Tuesday, December 12**

Sometimes being kind to myself sounds like this: "I recognize my capacity. I focus on doing the best I can."

## **Wednesday, December 13**

Any small space I can create for letting go, even if it's just for a moment, is significant.

## **Thursday, December 14**

No matter what did not work out so far, I allow myself to feel what I need to feel about that and explore new possibilities with gentleness and with time.

## **Friday, December 15**

I cherish small moments that have special meaning to me... whether it's something I was hoping for or something unexpected.

## **Saturday, December 16**

I am allowed to embrace slower movement whenever possible. I welcome quiet strength however I can.

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## **Sunday, December 17**

I welcome the process of continuous learning as an active component for growth in my life.

## **Monday, December 18**

As I move through the landscape of life, I carry onward with a steady heart. As I move through the familiar and unknown, I breathe deeply and pace myself.

## **Tuesday, December 19**

I acknowledge my gradual progress, knowing that it does not diminish the challenges of growth; instead, it creates room for gratitude for small movements as I continue to carry on.

## **Wednesday, December 20**

My idea of what it means to make “progress” on something is allowed to evolve and change with time.

## **Thursday, December 21**

Even here, ordinary, small actions can be like seeds that grow over time.

## **Friday, December 22**

Through the winding nature of life, I recognize that taking a moment to breathe is a necessary intermission on the larger journey.

## **Saturday, December 23**

Even when it feels like time is slipping away, and there's still so much I didn't get to do, I recognize that I am allowed to experience these feelings fully, while still gently preparing myself to welcome new beginnings.

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## **Sunday, December 24**

I take the pressure off myself however and wherever I can.

## **Monday, December 25**

Whatever memories or experiences find me today, may rhythms of grace find me all the same.

## **Tuesday, December 26**

I am open to opportunities to embrace newness however I can, even if it's small.

## **Wednesday, December 27**

Now more than ever, I am learning what it means to pace myself through every chapter.

## **Thursday, December 28**

As I carry on toward a new year, I embrace both big leaps and smaller movements in my journey of change.

## **Friday, December 29**

In these final moments of the year, I will begin to consider how I might grow in an area of my life that once seemed impossible.

## **Saturday, December 30**

I understand that starting over doesn't have to start all at once and I can start over in small ways, too.

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## **Sunday, December 31**

I turn to face the sunrise and I exhale. I anticipate: there is more to come.