

# Guided Meditation

## Setting Positive Intentions for the Day

Sit back and close your eyes. Adjust your body so it feels very comfortable. As you settle in quietly, notice how your body feels.

Take a deep breath now, and feel your shoulders. Feel the area between your shoulder blades and in your back. As you do, allow your breath to go into these areas and relieve any tension or stress there.

Allow yourself to become more comfortable with each breath you take. As you exhale, let go of any worries, any thoughts, anything other than total peace and relaxation. It feels so good just to be here, in this moment.

Now, as you breathe in again, allow the relaxing breath to flow into your head, down into your heart where it picks up love, and then allow it to flow throughout the rest of your entire body.

Breathe in peace and relaxation. You are gathering love from your heart, and letting it flow into your entire body and into each and every cell in your body. Imagine your entire body being filled with that love and peace and relaxation. It may even feel tingly as the peace and love radiates in every cell.

An amazing part of life is that we get to choose our mindset, our thoughts, and our intentions. We are in control of these things. We get to choose.

We can set ourselves up for the best possible day, each and every day, by first creating an intention. An intention is what we most desire to happen. It's what we intend or plan to happen, how we expect and want something to go.

It's good to have intentions that benefit us and also the people around us. You can even think happy thoughts for the whole world.

Today we will practice setting positive intentions for the day. All you have to do is take a moment and imagine good things happening all day long. This is our intention for the day.

As you breathe in now, set the positive intention that today will be an amazing day, filled with laughter, fun, joy, learning new things, and whatever else you would love to experience today.

Take all the time you need to imagine and see this play out today. Really feel the feelings of joy, excitement, or accomplishment of what you want to happen today.

Now, repeat this affirmation in your mind: Good things are always happening.

From now on, you can begin each day by setting positive intentions. This sets up the day to be amazing and naturally brings a smile to our face.

When we truly intend good things, they usually happen – sometimes almost magically. See and feel yourself as happy and successful now as you focus on your intentions for this wonderful day.

Spend a few moments now, setting your intention for a wonderful day and then watch as it unfolds. Make it a habit to start expecting good things to happen for you and the people around you.

When you're ready, you can open your eyes and start your wonderful day!

