

# PREDICAMENT'S

## 11 Steps

- I breathe deeply into my core. I am purposeful in each breath.
- I stay present in the now moment.
- I practice being grateful for everything, even the stuff I don't like.
- I expand my heart to include everything that is.
- I slow down so I am available for deep connections.
- I speak my truth with compassion. I always follow my heart.
- I show up fully and leave no back door.
- I support myself with exercise, healthy foods and affirming thoughts.
- I serve others because it is in serving others that I become great.
- I forgive others and myself. I appreciate others for the gift they are.
- I consciously choose to stay open to the abundance all around me.

**I Am Enough!**

Visit us online at [www.settingheartsfree.com](http://www.settingheartsfree.com)