

Eat Well Enjoy Life

Ingrid DeHart

I am glad to be alive in this brand-new day.

It's feels good to start my day with love and appreciation for the wonderful things in my life.

I am willing to let this day be fun and easy

I am relaxed and clear

My day unfolds with grace and ease

I love feeling strong and vibrant

It's good to feel good

I am worthy of feeling good

People support me throughout my day

My Divine Self is with me all day supporting me, guiding me & inspiring me

I relax and let the Universe reveal to me what is the highest good for all

I am open to inspiration and guidance

Creativity is available to me

Wonderful things will flow into my life today

I accept that good things come easily

I bring joy to others

I share my light wherever I go

My energy makes a difference in the world

Today is a great day, ALL IS WELL