

The Power of Words

This week our focus is on the power of words. You have done some incredible work in rewriting traumatic or negative experiences into positive ones this week. It's time to give your body, heart, mind, and soul a break.

Activity for the Body

Take a look back at the positive phrase that you wrote in Day 3.

Then...

SMILE! Today look at yourself in the mirror, say your positive phrase, and SMILE. If you have not come up with a positive phrase, consider using: "I am beautiful and when I smile, I can feel the sunshine through me." Say it and practice smiling until you see your smile grow brighter and brighter and you feel the sun's rays and God's love radiate from you.

Draw a quick sketch of what is in your heart. Grab some crayons, markers, or colored pencils and have fun!