

I am calm and relaxed in all situations

I am calm and relaxed in all situations.

My ability to remain calm in challenging situations is one of my greatest strengths.

The ability to deal with adversity in a relaxed state ensures my success. I have the confidence to tackle any situation because I know I can stay calm, cool, and collected.

I wake up feeling relaxed and do my best to maintain that mental state until the end of the day. I may face situations during the day that challenge my ability to remain calm, but I handle them gracefully.

I know that I can only be upset by my circumstances if I upset myself. I dictate my emotions.

I value my ability to stay calm and relaxed. These qualities are good for my health and my relationships. **Life is more enjoyable when I can separate myself from stress and worry.**

I prefer to focus on solutions rather than bemoan my obstacles. It is easier to maintain a calm attitude when I focus on solving the challenges in my life. Obsessing

over the obstacles I may face inhibits my ability to deal with them effectively.

I am at my best when I have positive thoughts.

Today, I feel calm and relaxed. I free myself from negative emotions and worry. **I can handle any situation that comes my way.** I find each day to be a relaxing experience. I start my day feeling calm and stay that way until bedtime.

Self-Reflection Questions:

1. When am I most likely to feel stressed or anxious?
2. What can I do in those situations to relieve my anxiety?
3. What could I accomplish if I were more relaxed in every situation?