

# I surround myself with calmness

## **I surround myself with calmness.**

I stay calm in a sea of noise, conflict, and disorder. I surround myself with a calm fortress that is filled with love and peace. I build walls around the negativity and eliminate its impact on my life.

## **My mind is quiet and at peace.**

I appreciate the beauty of silence. I am grateful for moments that lack anger or pain. I am relaxed and happy. I use meditation and other practices to calm my mind and spirit. I know which relaxation techniques center my energy.

**I let calmness wash over me like a fresh spring.** I use each moment to appreciate relaxation. I take each minute to show gratitude for peace.

## **I take deep breaths that calm me.**

I see the harmony that surrounds me. I notice the peaceful gestures in my world. I am thankful for the people who help make my world better.

My entire body is calm. From my head to

my heart, my muscles and joints are relaxed.

I push drama out of my life. I refuse to allow negativity to take over my spirit. I remove people from my circle of friends who start drama. I let go of my anger and pain, so peace can take their place.

Today, I enclose my world in calmness. I remove noise and anger. I take out pain and suffering.

## **Self-Reflection Questions:**

1. How can I stay calm when I am surrounded by negative people or difficult things?
2. What can I do to relax during the day and at night?
3. How can I welcome more peace into my life while eliminating the drama?