

I ENJOY THE RHYTHM OF LIFE

I enjoy the rhythm of life.

I notice the little details in the flow of life. I see the patterns and rhythms that make up our world. I am attuned to these patterns and welcome them as they help me live a happy and fulfilling life.

I look beyond the basics to see rhythm in everything.

From the pitter-patter of raindrops on the roof, to ocean waves crashing on the shore, to the peaceful breathing of a sleeping baby, the rhythms of nature comfort me.

I am engaged and pay attention to my surroundings. I see things that others miss.

I move from a habit of surviving to a habit of thriving. I use the natural rhythms of life to make this transition. I see the rhythms in daily activities like working and studying. The patterns are different for surviving or thriving. I choose to thrive.

I feel nurturing rhythms in taking care of others and helping them. The benefits to me from these actions are just as valuable as the benefits to the ones I help.

I also help my family, friends, and coworkers appreciate these rhythms. I point out the advantages of living in tune with the universe.

Today, I feel the rhythms of life and appreciate their beauty. From the sounds of work to the sounds of music, I hear them. I see patterns in everything and use them to better my life.

Self-Reflection Questions:

1. Where can I find rhythms and patterns in my life?
2. How can I embrace these rhythms and follow them more closely?
3. Who can I reach out to for help as I learn more about rhythms?