G.R.A.C.E.

GRATITUDE: I am grateful for all of life, including

this current situation.

RELEASE: I release my expectations for how

things should have been and accept

them as they are.

AWARENESS: I focus my attention on this present

moment.

COMPASSION: I hold myself and all others in deep

love.

EQUANIMITY: I seek the place of stillness and calm

that exists within me.