

# Today starts a new chapter

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I wipe the slate clean and begin again. **I let go of the past.**

I extend forgiveness. I validate my feelings without blaming myself. I put aside resentments and grudges. I remember that I can show compassion for someone without condoning their behavior.

I challenge self-limiting beliefs. I build my confidence by standing up for my principles and pursuing my goals. I am strong and resilient.

I promote healing. I resolve conflicts respectfully. I nurture my body and mind. I focus on the present moment. **I move forward.**

I replace habits that hold me back with more constructive choices. I learn to communicate more effectively. I set healthy boundaries. I ask for help when I need it.

**I try new things.** I venture outside of my comfort zone. I gain more knowledge and skills. I experiment with hobbies, like wine making and martial arts. I explore my

neighborhood and travel to different countries. I am curious and courageous.

I think positive. I engage my creativity and take worthwhile risks. I am open to innovative ways of doing familiar tasks. I cultivate a sense of gratitude. I feel hopeful and inspired.

**Today, I celebrate a new beginning.** I am eager to seize promising opportunities. Broadening my horizons helps me to understand myself and the world around me.

## **Self-Reflection Questions:**

1. What would I say if I was writing a short story about someone making a fresh start?
2. What did I learn from a major transition in my life?
3. How can I motivate myself to persevere after the initial excitement of a new beginning wears off?