

# Fact Sheet 5



Living a Wholistic Life  
Your journey towards a freedom life

## Positive Word Meditation

The words you use can have a powerful impact on your mental and emotional wellbeing.

During your meditation practice, incorporate positive words as you meditate starting with “I am”. Words are said on the exhale of your breath.

**Love**

**Motivated**

**Energetic**

**Positive**

**Inspired**

**Peaceful**

**Happy**

**Creative**

**Successful**

**Beautiful**

**Healthy**

**Strong**

**Calm**

**Joyful**

**Safe**

**Relaxed**