

Positivity Body Scan Meditation

A morning meditation by Robin Levesque to help you make 2017 your best year ever!

You don't have to answer the meditation questions, just repeat them in your head or out loud and try to feel that particular emotion.

Lie down or sit in a comfortable chair. A hot bath also works well.

Close your eyes or focus on an object in front of you,

Take 3 deep breaths through the heart.

Breathe in for four seconds, hold for three seconds, and breathe out for four seconds.

Meditation

Why is there so much *joy* in my life today?
What is the source of all this *joy*?
How might I attract even more *joy* into my future?

Why is there so much *gratitude* in my life today?
What is the source of all this *gratitude*?
How might I attract even more *gratitude* into my future?

Why is there so much *serenity* in my life today?
What is the source of all this *serenity*?
How might I attract even more *serenity* into my future?

Why is there so much *interest* in my life today?
What is the source of all this *interest*?
How might I attract even more *interest* into my future?

Why is there so much *hope* in my life today?
What is the source of all this *hope*?
How might I attract even more *hope* into my future?

Why is there so much *pride* in my life today?
What is the source of all this *pride*?
How might I attract even more *pride* into my future?

Why is there so much *amusement* in my life today?
What is the source of all this *amusement*?
How might I attract even more *amusement* into my future?

Why is there so much *inspiration* in my life today?
What is the source of all this *inspiration*?
How might I attract even more *inspiration* into my future?

Why is there so much *awe* in my life today?
What is the source of all this *awe*?
How might I attract even more *awe* into my future?

Why is there so much *love* in my life today?
What is the source of all this *love*?
How might I attract even more *love* into my future?

Take 3 more deep breaths through the heart.

Breathe in for four seconds, hold for three seconds, and
breathe out for four seconds.

Open your eyes and have a wonderful day!

Journaling

Reflect on the ten positive emotions one at a time (joy, gratitude, serenity, interest, hope, pride, amusement, inspiration, awe, and love) and write down a story of the last time you felt this emotion strongly.

Try to re-live that moment in your mind's eye. See it, feel it, hear it, smell it and taste it! Have a wonderful 2017!