



I OPEN MY HEART TO  
THE BEAUTY AND  
ABUNDANCE AROUND ME



WITH EACH SUNRISE, I FEEL  
MORE INSPIRED AND ENERGIZED



I RELEASE THE OLD AND WELCOME THE  
NEW WITH AN OPEN HEART



JOY FLOWS THROUGH ME LIKE  
A SPRING BREEZE



I EMBRACE THE FRESH BEGINNINGS  
THAT SPRING OFFERS



MY BODY IS VIBRANT, MY MIND IS  
CLEAR, AND MY SPIRIT IS AWAKE