**Morning Affirmation on Acceptance**

**Introduction:** Have you ever attended a motivational seminar or religious service and left determined to be kinder, stay positive or make a difference in the world? If you’re like many people, without regular reinforcement and repetition, life may cause you to lose site of those goals. That’s why many people make it a daily practice to pray, meditate or use affirmations to set the intention for each day. Many also “re-charge” through regular attendance at a church or spiritual center.

Today, we’re going to try a brief morning affirmation on acceptance. We invite you to try practicing it daily, for at least one week, and write down a few notes about how you feel and what you observe.

**To Begin:** Facilitators, have copies of the *Affirmation on Acceptance* available for each participant. Have participants choose a comfortable place to sit. Once everyone has “settled in” ask them to close their eyes and take a few deep breaths. Taking a few breaths prior to beginning the exercise will help participants relax and begin to “center” (or, focus their attention inward) and prepare them for the affirmation that will follow. It does so by drawing attention away from outer distractions and toward internal breath, the “center” of our being.

Read through the affirmation one time, slowly, letting the words resonate with each person.

Then, ask participants to open their open their eyes. Pass out copies of the affirmation and, as you read each line out loud, invite the group to repeat each phrase back – either out loud or quietly to themselves. When completed, have the group close their eyes once again and take a few more deep breaths while they hold this intention in their hearts. You may choose to read the affirmation out loud one more time.

**Affirmation on Acceptance:**

**Line 1:** Today, I will treat everyone I meet with loving-kindness.

**Line 2:** I will try to make this day positive for myself and others.

**Line 3:** I will accept the things in which I cannot change.

**Line 4:** Today, I will accept everyone as he or she is, including myself.

**Points to Consider:**

* There are many interactions throughout the day where this affirmation can apply: People you meet in person, emails, phone calls and even how you leave the condition of a room you’ve visited. Consider, “How can I make this experience better for those around me?”
* This affirmation can be applied to all life, including a respect for animals, nature and one’s environment.