



## Befriending Ourselves in Times of Change with Andrew Nalani

June 2, 2020

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### If you really knew me you would know. . .

- ★ I am growing and I am strong.
- ★ I am intuitively doing what's best for me, at my own pace.
- ★ I trust the unfolding nature of things, and I'm exactly where I need to be.
- ★ I'm taking a pause.
- ★ I am doing my best during this challenging time. There is a lot I'm going through right now.
- ★ If I want to, I have the power to change the world. I've seen. I've lived it. And now I must believe it.
- ★ I am embracing my fear and moving forward with it.
- ★ I know how to set strong clear boundaries.
- ★ I continue to get back up and move forward.
- ★ I am passionate about my work even if I don't have the energy to show it all the time.
- ★ I am doing my humble best and I have a true and tender heart.
- ★ I am learning to listen to my body and respect its needs.
- ★ I will always have more to learn and that keeps me curious and always learning.
- ★ Even though I am busy right now, I am taking much needed time to nurture myself in community.
- ★ I'm trying my best, learning and willing to give things a try. Day by day I'm improving.
- ★ I am continually growing skills to live in a conscious, compassionate community.
- ★ I am learning how there are infinite ways to care.
- ★ I have control over my voice, money, and time. I can do something with each entity and THAT IS POWERFUL.
- ★ I am making the best use of my time.
- ★ I know I gotta love my AM side too - it needs attention - it's when I ignore it that FM is even harder to access.
- ★ I care about the pain and problems in the world.
- ★ I'm alive.
- ★ I am learning so much about myself and my position in the world through this crisis and that learning will serve me later!
- ★ I am paying attention and waiting for right action.
- ★ I am learning to balance my own needs with my desire to take action.
- ★ I am learning how to use what privilege I was born with to lift us all up.
- ★ I have everything I need.
- ★ I am doing something important just by being who I am in the world.
- ★ I am the best me there ever was.
- ★ I can be the best person I can be right now!

- ★ I will celebrate the wisdom in my body where my and my humanities wisdom lives.
- ★ I am learning in different ways.
- ★ I am just discovering more of myself with each failure.
- ★ I learn most when I'm curious.
- ★ I am proud that my son has taken this as an opportunity to find his independence!
- ★ I am working hard to maintain a delicate balance in an overwhelming situation that I can't control.
- ★ I am learning, and growing and sharing in some important ways.
- ★ Inch by inch, everything's a cinch. I can take things one step at a time...and that's ok.
- ★ I'm growing courage through my actions.
- ★ I am deeply connected to other beings and feel their feelings .
- ★ I care so much and honor my pain and the pain of others in the work I do for human joy.
- ★ I am identifying the stepping stones for growth.
- ★ I'm learning to lower my expectations of myself.
- ★ I continue to get back up and move forward despite a series of unexpected obstacles. Every movement forward is worthy of my recognition.
- ★ For me, forward moving, full moment? :)
- ★ I'm a great companion for myself. No one knows what I've been through better than I do.
- ★ I am learning more about my personality through self awareness.
- ★ I am learning how to live in deep connection with those around me, setting and respecting boundaries.
- ★ I live in the moment and look for the beauty or lessons in everything.
- ★ I am learning new ways of being with my parents, as are they.
- ★ I can start in my own backyard and build a stronger community.
- ★ I'm connecting with myself and with others the best I can in this moment.
- ★ I am beautiful and a pure soul.
- ★ I'm doing enough given the circumstances, and I've been able to do what was most important.
- ★ I am doing the best I can, even if I make mistakes along the way.
- ★ I'm doing as well as I can in my current capacity.
- ★ I am constantly looking for ways to grow and help my students flourish.
- ★ It all is working in my favor.
- ★ I am learning to see my problems with love.
- ★ I am learning.
- ★ I feel good about myself.
- ★ I am recognizing that this is part of my journey to fully realizing my gifts and potentials and how to share them with the world!!
- ★ I am listening, learning, acknowledging and I am a good person.
- ★ I am remembering that there is no division, we are all one.
- ★ I am working hard on my mental health, and will practice self-compassion.
- ★ If I want to, I have the power to change the world. I've seen it. I've lived it. And now I must believe it.
- ★ I am embracing this opportunity to realign, with more balance.
- ★ I can offer my talents for free to the world and be a source of inspiration.
- ★ I'm allowing myself the time I need to feel grounded and to respect my body, mind and soul.
- ★ I am . . . we are loving encouraging supporting.



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### Shared FM Statements

- ★ My body is doing its best to communicate its needs. We take care of each other.
- ★ Life is a work in progress.
- ★ People are caring and happy to see me trying.
- ★ Speak your truth and let your path evolve.
- ★ You are lovable.
- ★ Taking one step at a time is good enough.
- ★ Your joy does not belong to the job. Your joy goes with you wherever you go.
- ★ Healthy boundaries only let good things in. By balancing that I'm feeding my friendship circle more.
- ★ Where I feel tired, grieving, angry, limited is also a place of deep potential connection with others.
- ★ Other people's success is not an indicator of my own.
- ★ The optimist sees the opportunity in every difficulty. Or so someone said and its time to look at new opportunities in new places doing new things.