

I Trust in the Process of Life

Life is a mysterious and wonderful experience. ***The process of life might be challenging to fully understand, but I trust in it completely.*** There is a higher power that guides my life and experiences. I am comfortable with this idea.

I feel a responsibility to do my best to make good and intelligent decisions. However, I also realize that I must let go and flow with my destiny. I know where I am going, and arriving at the right destination is inevitable.

When I am feeling confused, frustrated, or challenged, I remind myself that this is just part of the journey. ***These challenging emotions are gifts,*** specifically designed to help me grow into the person I am meant to be.

Letting go and trusting makes my life even easier. I feel light and relaxed when I trust the process of life. My life is more amazing each and every day.

My higher power speaks to me and gently shows me the way. My only obligation is to listen to that voice and make the right decisions.

I am open to the great plans that the universe has in store for me. I grow more excited each day, waiting to see how my life unfolds.

Today, I am free of struggle and uncertainty. ***I feel confident that my life is on the right path.*** I trust the process of life.

Inner-Reflection Questions:

1. In what ways do I struggle unnecessarily?
2. How can I be more accepting of my life and the path that I am on?
3. What wonderful things has life brought me so far?

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