

RANDY MAZIE

I Remind Myself

As I go through the day, I remind myself.

I remind myself to have some fun doing what I'm doing.

I remind myself to be grateful for being able to have some fun.

I remind myself to take breaks, so I can continue to enjoy myself.

I remind myself that I'm doing my best—doing as much as I can do or need to do.

I remind myself that everyone else is doing the best they can too.

I remind myself to let them know that—that what they're doing is pretty good too.

I remind myself that *I am enjoying this day a lot.*

I take this page with me, in my pocket, to help me remember.

When I practice this, I am empowered.

