

This time is for you ...

I want you to take a few of your favorite Essential Oils or a few I have left here for you.

Please take a few minutes to BREATHE in and BREATHE out. {using the Breathe OIL}

I created this space with intention, for you to feel relaxed and pampered even for a few minutes.

This sheet will help you to do this!!

Get comfy, take your shoes off, grab a blanket and a glass of water.

As you settle in I want you to take a few minutes and jot down three things you are grateful for.

1. _____
2. _____
3. _____

Rejoice always, pray continually, give thanks in all circumstances; for this is God's will for you in Christ Jesus.

—1Thessalonians 5:16-18

Now this might not be something you think of doing, I KNOW IT IS HARD but I want you to take a few minutes—at least 3, preferably 20–30 to meditate.

Take yourself to your HAPPY PLACE . . . and if you have forgotten where that is FIND IT, CREATE ONE {beach, pool, mountains}

You can be still and silent. You can listen to David Nevue / Mindful Music / Meditation / Worship Music.

Clear your mind of the day to day struggles and stresses.

Come to me all who labor and are burdened and I will give you rest. —Matthew 11:28

Check List—now take the last few minutes to do something from your checklist Respond to an email, grocery list, schedule an appt. If you have a few more minutes, grab a book and read for 10 minutes!!!!

She wraps herself in strength, carries herself in confidence and works hard, strengthening her arms for the task at hand.

—Proverbs 31:16-17

Thanks for allowing this time for yourself!! Share with a friend!!

You are loved, The Circle Room

Lori

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