# Touchstones

On this journey of being human we all face challenges. Many obstacles will be external, yet often we will be impacted by internal issues. These commonly take the form of beliefs, particularly ones that are scary, hurtful, limiting, and untrue. When we work to explore, challenge, discard, or rewrite these narratives, we are likely to find that the external journey gets a bit easier, the path a bit clearer.

The words on the next page are meant to be used as touchstones – solid reminders of deeper truths to support you in your journey. They can help remind you of the truth, restore your spirit, and re-inspire you to keep growing toward your most authentic self.

I encourage you to print them out and post them in several places where you can see them throughout the day. You might read these words silently to yourself or even say them aloud while breathing deeply or gazing at your own eyes in a mirror as a regular grounding practice. You can also use them when you're feeling confused, lost, sad, or discouraged.

I am okay. I am loveable, no matter what.

Even when I miss the mark or do exactly what I said I wouldn't do, I still deeply and completely accept myself.

I am learning and growing. Changing my behavior patterns takes time. I know that new internal pathways are being laid even when the external actions haven't yet shifted.

I will keep moving forward as best I can. I will forgive myself for my mistakes, then start on this path anew.

Even though I will occasionally lose my way and stray from my path, the path is always available for me.

This journey will not always be linear, swift, or easy. I can still have the courage to keep moving forward.

No matter how the journey goes, I love myself for having the courage to walk this path. I am a spiritual warrior.