

## **Mantras for Creating Change**

**I'm changing for the better.  
I'm creating something new.  
What used to be hard,  
is now easy to do.**

**I can feel my power.  
I choose to have faith.  
I take one step at a time,  
every single day.**

*A note from Erin: I invite you to allow the space between where you are and where you want to go next to inspire you, instead of terrify you. Commit to taking one step at a time and breathing sweetly into the unknown. And anytime you need some support, come visit us at [www.shrinksession.com](http://www.shrinksession.com) or [www.erinstutland.com](http://www.erinstutland.com)*