

Kidest OM

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PLAYSHEET – POSITIVE EMOTIONS

Instructions: Use the following list of positive emotions to shift your felt emotions. Focus on each row of emotions and feel the energy of the feelings for a few minutes.

I choose to feel Loving	I choose to feel Ease	I choose to feel abundant	I choose to feel excitement	I choose to feel grateful	I choose to feel joyful	I choose to feel peaceful
I choose to feel treasured	I choose to feel FLOW	I choose to feel prosperous	I choose to feel freedom	I choose to feel appreciative	I choose to feel happy	I choose to feel empowered
I choose to feel loved	I choose to feel creative	I choose to feel magnetic	I choose to feel inspired	I choose to feel blessed	I choose to feel fun	I choose to feel resilient
I choose to feel lovable	I choose to feel enjoyment	I choose to feel attractive	I choose to feel passionate	I choose to feel supported	I choose to feel Light	I choose to feel present
I choose to feel adored	I choose to feel flexible	I choose to feel provided for	I choose to feel valued	I choose to feel lucky	I choose to feel magical	I choose to feel expansive
I choose to feel taken care of	I choose to feel my growth	I choose to feel Trusting	I choose to feel deserving	I choose to feel so fortunate	I choose to feel blissful	I choose to feel connected

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Kidest OM is a personal development, manifestation, and consciousness expansion author and teacher with indispensable books and online courses designed to help you attract and manifest what you want.

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