

I'm grateful now that...

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My comedy notes are in the process of being clear, succinct and funny.

my apartment is in the process of being zen and feng shui, everything has its place

i am in the process of maintaining an attitude of gratitude and am in the process of knowing to flip the channel to a positive vibration.

I am in the process of allowing joyous smiles to bubble up from the ashes of emptiness within (clear and present love)

i am in the process of becoming a person full of poise and grace. I am in the process of rebuilding my stomach muscles with grace and poise by remembering to keep a naturally erect spine.

I am in the process of incorporating daily fitness activities into my routine that include doing lunges/squats every day, yoga and at least 4 daily walks.

i am in the process of drinking lemon water on a daily basis

i am in the process of learning how to eat slowly, one bite at a time.

I am in the process of maintaining a daily ritual of hygiene that includes skin brushing, hair brushing, flossing, and teeth brushing

i am in the process of incorporating daily acting exercises into my routine.

I am in the process of remembering to rejoice in the delight of raw wholesome yummy fiber nutrient rich delicatessies such as organic fruit

i am in the process of learning to eat only nature made meals, foods that grew or grow alive.

I am in the process of matching the food intake vibrations to the positive vibrations of being human at the highest level.