

HIGH SCHOOL GRADUATION

Find a comfortable seated position. If you would like, rest your head on your hands. Allow your eyes to close, or look towards the ground. Take a couple of slow, gentle breaths as you begin to relax.

PAUSE FOR ONE SLOW BREATH

Imagine you are in a safe, place. Perhaps a real place at your school or at home. Or a beautiful place you can create in your imagination. You may be alone, or with someone you love and trust. Take a moment to imagine yourself in this place.

PAUSE FOR ONE SLOW BREATH

Relax your face, your neck, shoulders. Allow your chest and back to relax. Let your belly soften as you breathe easily. Naturally. Relax your legs and your feet. Relax your hands... and imagine you are holding your high school diploma. You are in your safe place, you have worked hard, and now you can relax and feel what you have accomplished. You finished high school. You graduated. You made it.

PAUSE FOR ONE SLOW BREATH

Despite the challenges you may face in your day to day life, imagine your future self, holding your diploma, with a new sense of relief and pride. In this moment, relax and know that you have everything you need to succeed already within yourself. Now you can rest.

PAUSE FOR ONE SLOW BREATH

You are enough. You are capable. You are accomplished. You worked hard. Now, you can rest and breathe easy. Keep your belly soft as the air flows in easily. As you breathe out, release any self-doubt. Breathe out any remaining insecurities. Visualize your name on your diploma, and feel proud of yourself. See your name written in on your diploma in beautiful, bold letters.

PAUSE FOR TWO SLOW BREATHS

Imagine one person who loves you and supports you. Someone who believed that you would graduate high school and earn that diploma. This could be someone from your family, a teacher, a friend, or even

me. Because I believe in you. Visualize that person who believes in you. See the happiness on their face. They are so proud of you. Allow yourself to feel the love and pride that person has for you in this moment. While you hold your diploma in your hands. Take a few more relaxing breaths.

PAUSE FOR TWO SLOW BREATHS

As you inhale, breath that feeling of pride and accomplishment into your heart and mind. As you exhale, let go of any negativity you no longer need. You are intelligent. You are strong. You are full of potential. Relax you mind.

PAUSE FOR ONE SLOW BREATH

Know that you can earn your high school diploma. If you keep working toward your goals, you will succeed. It's normal to doubt ourselves sometimes. If that ever happens, imagine yourself in this safe, peaceful place and know that you will succeed. Take one more deep, slow breath in.... and out. When you're ready, open your eyes.