

# My soul warms the lives of others.

In all I do, I acknowledge my duty to help those around me.

My soul is bathed in a warm, comforting glow. I feel the power that comes with compassion and choose to share it with all I know.

I have the power to bless the lives of others with love, compassion, and positivity.

In every decision I make, I acknowledge the power I have to help others. Every choice I make offers benefits to the world around me. I have the power to make the world a better place.

I have a duty to add light, warmth, and positive energy

to the world. I embrace this duty wholeheartedly and with relish and excitement.

My energy can benefit those I care about. I am happy to share my energy with those who need it, and my light can enhance anything it touches.

I am generous. I am compassionate. I am loving.

I am dedicated to helping those I love discover their best version. I have the power to help others unlock their own power. I embrace this responsibility and feel excited at the chance.

I am a warm, loving being. I radiate love and light in all that I do, and I relish the

chance to share this love and light.

I make a difference with all I choose to do.

Today, I choose to help. I understand that I have a duty to love and protect those around me, and I embrace this.

## Self-Reflection Questions:

1. What qualities do I most admire in myself?
2. What steps can I take to benefit those around me?
3. What small changes can I make to bring help to others?