

Words of Life to Encourage Your Spirit:

I am whole.

I comfort when able.

I honor my clients.

I turn over what I have no control over.

I hear and listen.

I look and see.

I touch and feel.

I wonder.

I am and I am becoming.

How important is this?

Be here now.

If I'm not growing, I'm going.

I am a thousand stories.

Awake, awake!

I learn from all experiences, both good and bad.

All in the fullness of time.

I see beauty and light in others.

I am curious without assuming.

I listen to the other's stories.

I allow space for beliefs other than my own.

I am because you are.

*Faiver, D., Ingersoll, R.E., O'Brien, E., & McNalley, C. (2001) *Explorations in Counseling and Spirituality: Philosophical, practical and personal reflections*. Belmont, CA: Brooks/Cole.

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