

*Our minds are often hard-wired with negative messages that playback to us without our even noticing. We can re-write our internal motherboard by repeating statements such as these to ourselves a few times a day:*

Hashem is guiding me at all times

Hashem is giving me exactly what I need in my life

Hashem is proud of me and all that I do

Hashem wants to be close to me

Hashem loves me and is with me at all times; I am never alone

Hashem is controlling the things that happen in the world- not me.

*Write more of your own positive statements.*