

Short Script or Mantra for Building Focus

I am present.

I am here.

I am breath.

(Repeat for the duration of your meditation practice.)

Short Script or Mantra for Health or Wellness

I am strong.

I am healthy.

I am whole.

(Repeat for the duration of your meditation practice.)

Short Script or Mantra for Positive Affirmation

I am happy.

I am worthy.

I am capable.

(Repeat for the duration of your meditation practice.)

Short Script for Mental Clarity

Bringing awareness to the right hand.

Notice each finger of the right hand.

Touch thumb to index finger...thumb to middle finger...thumb to fourth finger...thumb to pinkie finger...thumb to fourth finger...thumb to middle finger...thumb to index finger.
Relax the hand. Relax the fingers. Notice the left hand.

Notice each finger of the left hand.

Touch left thumb to index finger...thumb to middle finger...thumb to fourth finger...thumb to pinkie finger...thumb to fourth finger...thumb to middle finger thumb to index finger.

Relax the hand.

Relax the fingers.