

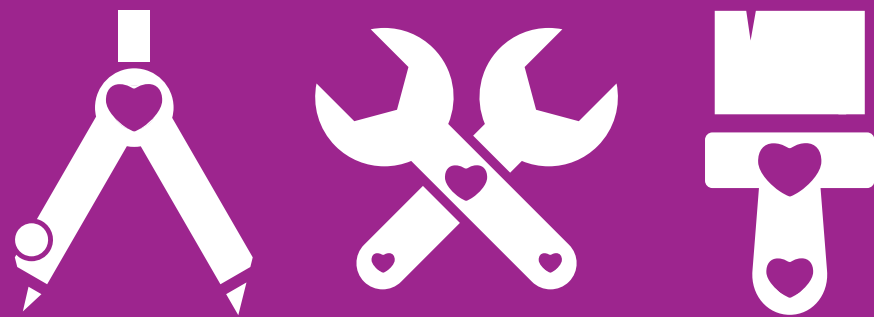
# thank you



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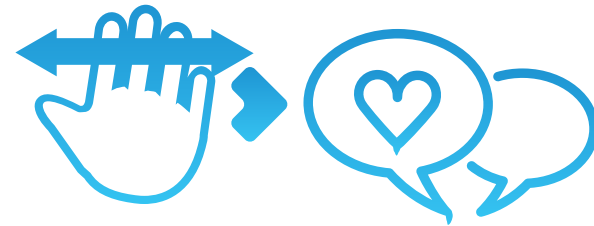


# GRATITUDE, SELF-WORTH AND TRUST BUILDING EXERCISE FOR BABIES, TODDLERS AND YOUNG CHILDREN



There's no need to to rub the body part vigorously  
This time, gently stroking the area while you make  
The statement will be enough

The baby will enjoy the touch, bonding, playfulness and  
interactivity of this and it's a great self-esteem and self-worth  
building tool, as well as great for building spiritual principles  
into his or her thinking from the outset



1 These are your feet, they belong to you  
You can trust your feet to move you forward in  
life and to be a stable foundation for you  
Thank you feet for all you do and will do  
We love you feet  
These are your beautiful, worthy feet

2 These are your legs, they belong to you  
You can trust your legs to empower you to  
dance, skip, run and jump your way joyously  
throughout your entire life  
Thank you legs for all you do and will do  
We love you legs  
These are your beautiful, worthy legs

3 These are your hips, they belong to you  
You can trust your hips to empower you with  
flexibility and a wide range of motion  
Thank you hips for all you do and will do  
We love you hips  
These are your beautiful, worthy hips

4 These are your buttocks, they belong to you  
You can trust your buttocks to sit patiently with  
you when you need it and to be the seat of your  
power  
Thank you buttocks for all you do and will do  
We love you buttocks  
These are your beautiful, worthy buttocks

5 This is the centre of your sexuality, it is sacred and it belongs to you  
No one may ever touch this part of you without your permission  
This centre of sacred sexuality will bring you joy, ecstasy and pleasure one day  
You can trust your sacred sexuality to open up new worlds for you and to empower you to feel  
bonded and connected to the partner with whom you choose to share your love  
Thank you sacred center of sexuality for all you do and will do  
We love you sacred center of sexuality  
This is your beautiful, sacred and worthy center of sexuality



6 This is your stomach, it belongs to you  
You can trust your stomach to nurture and  
sustain you, to be lifegiving source of  
nourishment for you, to help you digest life  
Thank you stomach for all you do and will do  
We love you stomach  
This is your beautiful, worthy stomach

7 This is your heart, it belongs to you  
You can trust your heart to fill your life and  
world with passion, joy, excitement, hope, faith  
and love  
Thank you heart for all you do and will do  
We love you heart  
This is your beautiful, worthy, loving heart

8 These are your lungs, they belong to you  
You can trust your lungs to be a source of  
lifegiving breath for you  
Every breath in your lungs is a gift to me  
Thank you lungs for all you do and will do  
We love you lungs  
These are your beautiful, worthy lungs

9 This is your back, it belongs to you  
You can trust your back to give you support  
during your journey, allowing you to stand  
proud and tall  
Thank you back for all you do and will do  
We love you back  
This is your beautiful, worthy back

10 These are your shoulders, they belong to you  
You can trust your shoulders to help you carry  
the responsibilities you will have in your life, to  
help you shoulder the load  
Thank you shoulders for all you do and will do  
We love you shoulders  
These are your beautiful, worthy shoulders

11 These are your arms, they belong to you  
You can trust your arms to empower you to  
embrace all of life with open arms, and to soar  
to new heights every day  
Thank you arms for all you do and will do  
We love you arms  
These are your beautiful, worthy arms

12 These are your hands, they belong to you  
You can trust your hands to help you create,  
build, learn, work, cook, love, help and so much  
more  
Thank you hands for all you do and will do  
We love you hands  
These are your beautiful, worthy hands

13 This is your neck, it belongs to you  
You can trust your neck to support your ideas,  
allowing you to be flexible and always see the  
other point of view  
Thank you neck for all you do and will do  
We love you neck  
This is your beautiful, worthy neck





This is your throat, it belongs to you  
 You can trust your throat to be a strong voice for you, to help you clearly and eloquently communicate with and to everyone around you  
 Thank you throat for all you do and will do, we love you  
 This is your beautiful, worthy throat

14

These are your ears, they belong to you  
 You can trust your ears to let you hear words and sounds that will move you in your very soul  
 Thank you ears for all you do and will do  
 We love you ears  
 These are your beautiful, worthy ears

15

This is your head, it belongs to you  
 You can trust your head to grow luscious locks of beautiful hair and to keep the very centre of your consciousness safe  
 Thank you head for all you do and will do  
 We love you head  
 This is your beautiful, worthy head

16

Inside your head lives your brain, it belongs to you  
 You can trust your brain to help you learn and discover and generate brilliant ideas that could only come from you  
 Thank you brain for all you do, we love you  
 This is your beautiful, worthy brain

17

These are your eyes, they belong to you  
 You can trust your eyes to help you see the marvels, wonders and joys of life, of color, of laughter, of beauty, of truth, of love, to house your very soul  
 Thank you eyes for all you do and will do  
 We love you eyes  
 These are your beautiful, worthy eyes

18

This is your nose, it belongs to you  
 You can trust your nose to help you know when everything is coming up roses for you and to take in the very breath of life  
 Thank you nose for all you do and will do  
 We love you nose  
 This is your beautiful, worthy nose

19

This is your mouth, it belongs to you  
 You can trust your mouth to empower you to taste the sweetness of life, love, laughter, food and kisses, every day  
 Thank you mouth for all you do and will do  
 We love you mouth  
 This is your beautiful, worthy mouth

20

This is your whole body, it belongs to you  
 You can trust your precious body to house your magnificent soul and to give you the full range of the marvellous human experience  
 Thank you body for all you do and will do  
 You are beautiful and worthy and we love you  
 This is your beautiful human body

21

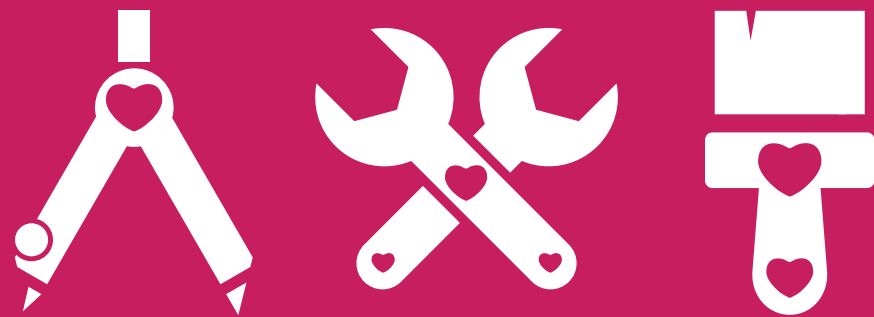


# 'NO' IS A COMPLETE SENTENCE

ANNE LAMOTT



# categories



[lifecoachestoolbox.com](http://lifecoachestoolbox.com)

Life Coaches Toolbox has a number of free diagnostic tools and resources that coaches, trainers, mentors and managers can use with clients, or that you can use on your own.

- Affirmations
- Anchoring
- Belief Systems
- BodyTalk Tapping
- Boundary Setting
- Building Trust
- Chakras
- Chinese Medicine
- EFT Tapping
- Eliminating Ego
- Energy Work
- Energetic Protection
- Fear & Anxiety
- Feeling Stuck
- Fighting & Arguments
- Focus & Motivation
- Forgiveness
- Gratitude & Appreciation
- Generating Joy
- Human Strategies
- Inner Voice
- Intuition
- Keeping Your Cool
- Manifestation
- Mental Exercises
- Physical Spaces
- Relationship Rehab
- Shifting Crises
- Shock & Trauma
- Meditations
- Mudras
- Writing Processes