



## EPISODE 25: 53 THOUGHTS TO THINK ON PURPOSE

THE MARRIAGE LIFE COACH PODCAST | SEE SHOWNOTES AT: [MAGGIEREYES.COM/PODCAST/25](https://maggiereyes.com/podcast/25)

Hey everyone. Today's episode is going to be super different from a normal episode. One of my favorite tools that I use to help myself think great thoughts on purpose is to listen to audios with guided meditations and affirmations over and over again. I have a bunch of favorites. And I love to read, so recently I've been reading and listening to some of my favorite affirmations while I read. And I wanted to create for you something that I love using myself. So today I'm going to give you 53 thoughts to think on purpose. It's not going to be like a guided meditation. Like it's going to be upbeat. I'm going to see if my team can add our theme music throughout. So that it's something that you can listen to while you're running errands or doing stuff around the house. That kind of thing. I'm going to read each one of these three times.

Once, so you hear the thought and then the next two times you can repeat it in your mind, or you can repeat it out loud, whatever feels good to you. And I really hope that you find it's something powerful and useful to listen to, and you can grab this episode and listen to it. As often as you're inspired to do over and over again, here we go. Making time for myself doesn't take away from my marriage, it fuels it. Making time for myself doesn't take away from my marriage, it fuels it. Making time for myself doesn't take away from my marriage, it fuels it. It is safe for me to ask for and get what I want. It is safe for me to ask for and get what I want. It is safe for me to ask for and get what I want.

Nothing in my life needs to be perfect, to be awesome. Nothing in my life needs to be perfect to be awesome. Nothing in my life needs to be perfect to be awesome. I can accept others without agreeing with them. I can accept others without agreeing with them. I can accept others without agreeing with them. It is safe for me to decide. It is safe for me to decide. It is safe for me to decide. Today is a good day to let it go. Today is a good day to let it go. Today is a good day to let it go. Whatever happens, I can handle it. Whatever happens, I can handle





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it. Whatever happens, I can handle it. I let my wise inner voice guide me today. I let my wise inner voice guide me today. I let my wise inner voice guide me today. I own the energy I bring to every interaction. I own the energy I bring to every interaction. I own the energy I bring to every interaction. I notice my thoughts and choose empowering ones today. I notice my thoughts and choose empowering ones today. I notice my thoughts and choose empowering ones today. Connection is something I create every day. Connection is something I create every day. Connection is something I create every day.

How I love is how I live. How I love is how I live. How I love is how I live. This is happening to bless me. This is happening to bless me. This is happening to bless me. My best is good enough. My best is good enough. My best is good enough. I accept myself today. I accept myself today. I accept myself today. I am loved and loving. I am loved and loving. I am loved and loving. It is safe for me to honor my own needs. It is safe for me to honor my own needs. It is safe for me to honor my own needs. Anything is possible. Anything is possible. Anything is possible. I am ready. I am ready. I am ready.

I can bring love to everything I do today. I can bring love to everything I do today. I can bring love to everything I do today. When I change my mind, everything changes. When I change my mind, everything changes. When I change my mind, everything changes. What I have to offer is enough. What I have to offer is enough. What I have to offer is enough. I listen with love. I listen with love. I listen with love. I am open to receiving what I need most. I am open to receiving what I need most. I am open to receiving what I need most. I create my relationship every day. I create my relationship every day. I create my relationship every day. I fully own the space I stand in. I fully own the space I stand in. I fully own the space I stand in.





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I forgive and release anything holding me back. I forgive and release anything holding me back. I forgive and release anything holding me back. My heart is open. My heart is open. My heart is open. I trust myself today. I trust myself today. I trust myself today. A deep breath is always available to me. A deep breath is always available to me. A deep breath is always available to me. I can do hard things. I can do hard things. I can do hard things. I can make my life easier by listening to my heart. I can make my life easier by listening to my heart. I can make my life easier by listening to my heart. I don't need to be perfect to be loved. I don't need to be perfect to be loved. I don't need to be perfect to be loved.

I choose me today. I choose me today. I choose me today. I love being generous with my interpretation of events. I love being generous with my interpretation of events. I love being generous with my interpretation of events. I create connection today. I create connection today. I create connection today. It is safe for me to step away when I need to. It is safe for me to step away when I need to. It is safe for me to step away when I need to. I can schedule rest and nourishing activities regularly. I can schedule rest and nourishing activities regularly. I can schedule rest and nourishing activities regularly. I give myself the affirmation I need today. I give myself the affirmation I need today. I give myself the affirmation I need today. I create rituals that serve me. I create rituals that serve me. I create rituals that serve me.

The way I spend my time matches my priorities. The way I spend my time matches my priorities. The way I spend my time matches my priorities. Boundaries are about what I will do, not about what the other person does. Boundaries are about what I will do, not about what the other person does. Boundaries are about what I will do, not about what the other person does. I choose to invest in myself in ways that are meaningful to me. I choose to invest in myself in ways that are meaningful to me. I choose to invest in myself in ways that are meaningful to me.





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me. Today I prioritize my emotional and mental health. I make choices that feel nourishing and loving to my heart and mind. Today I prioritize my emotional and mental health. I make choices that feel nourishing and loving to my heart and mind. Today I prioritize my emotional and mental health. I make choices that feel nourishing and loving to my heart and mind.

I choose love over fear today. I choose love over fear today. I choose love over fear today. It's okay to relax. It's okay to relax. It's okay to relax. I decide first, then I live into that decision. I decide first, then I live into that decision. I decide first then, I live into that decision. I choose empathy and kindness today. I treat myself with the same love I treat others. I choose empathy and kindness today. I treat myself with the same love I treat others. I choose empathy and kindness today. I treat myself with the same love I treat others. It's okay to get lost. All I have to do is keep going. It's okay to get lost. All I have to do is keep going. It's okay to get lost. All I have to do is keep going.

It's okay to let go of whatever I don't need anymore. It's okay to let go of whatever I don't need anymore. I love myself. I love myself. I love myself. It's okay for me to have everything I need. It's okay for me to have everything I need. It's okay for me to have everything I need. I enjoy the moments of my life, big and small. I enjoy the moments of my life, big and small. I enjoy the moments of my life, big and small.

