



HarmoniousLivingNow.com integrates the power of place with the power of mindset to raise the vibration of our daily lives.

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These Tools are from Institute of Heart Math and can be found at:

<http://www.heartmath.org/free-services/tools-for-well-being/heartmath-appreciation-tool.html>

For more information go to <http://www.HeartMath.org>

## *Saying Yes to your Heart Tools!*

Breathe deeply but normally and feel as if your breath is coming in and going out through your heart. Continue breathing with ease until you find a natural inner rhythm that feels comfortable.

### **Appreciation List:**

Make a list of things you appreciate such as people, places, activities and pets and choose one or two each morning to hold in your heart during the day. Choose one to hold in your heart throughout the night while you rest.

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