



**ACCELERATED EXCELLENCE**  
Performance Coaching & Leadership Development Specialists

PO Box 119  
Red Hill  
QLD 4059

T 0407 175 980  
[josie@aexcel.com.au](mailto:josie@aexcel.com.au)

[www.aexcel.com.au](http://www.aexcel.com.au)

## Mental Surrender

This is just an experience. I'm here on earth to have experiences. Nothing is wrong.

My higher Self knows what is going on. This situation is for my benefit, even if I can't see that now.

My fears may come true, but the outcome will not destroy me. It may even be good. I'll wait and see.

I'm having a strong reaction now, but it isn't the real me.

It will pass.

Whatever I'm afraid of losing is meant to go. I will be better off when new energies come in.

Whatever fear says, nothing can destroy me. When people fall they don't break, they bounce.

Change is inevitable. Resisting change doesn't work.

There is something here for me, if I have the awareness to find it.

The things I fear the most have already happened.

I don't want to hold on anymore. My purpose is to let go and welcome what is to come.

Life is on my side.

I am loved; therefore I am safe.

