

## WASTE WEAKENS



The secret to health is the removal of waste... The more I remove waste from my life, the more I can find the best in me... The things that hold me back are all negative in nature, they are all toxic in some way, and as a result they not only contaminate my mind, they poison my body too... As a consequence, how I feel about myself at my core is contaminated...

This is why I repeatedly sabotage myself, as I have been drowning in my waste thoughts and actions... But starting from this moment, I take a vow to banish all that is negative from my life... This mission begins in my mind...

I start by thinking differently about myself... I realise I have many qualities, talents and abilities, that simply haven't been exploited, as I have been so busy finding fault with myself and my world... The more I complain, the more I will find to complain about... Complaining is such a terrible disease, that poisons my mind and body... It sees the worst in others which makes it easy to see the worst in me...

When I see the worst in everything, how can I find the best in myself?... So, when I rid myself of the habit of complaining, the waste thoughts simply fall away, as they have nothing to sustain them... Now I can see what else in my life needs to change, I am inspired to de-clutter on all levels, removing anything that is opposing my progress, whatever form it may take... It is a beautiful feeling removing the obstacles to growth...

The more I do this, the more I feel courage and strength rising up in me... For the first time, I truly believe in who I am capable of becoming, as I realise that I am much more than I imagined... I fill my mind and body with all that they need, and as a result my spirit begins to soar...