

Day 19 - Living Optimism

21-Day Meditation Challenge <meditationchallenge@chopra.com>

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"How wonderful it is that nobody need wait a single moment before starting to improve the world."

—Anne Frank

Quick Links

[Access today's meditation](#)

[Manifest your dreams - Watch Deepak](#)

[3 Smart New Ways to Kick Pessimist to the Curb](#)



Welcome to Day 19—Living Optimism

Today, we discuss what it truly means to live a life full of optimism.

We become what we believe and, as we've learned, remaining positive sends our bodies loving messages that are crucial to maintaining good health. By being grateful for all that we have, we can move our egos aside and live the lives we were meant to live, full of enthusiasm for the present moment and confident about our futures.

By fostering an inner dialogue that is most nurturing to us, we support the clear vision we have for ourselves and live our lives in alignment with our true purpose.

Our centering thought for today is:

My life unfolds in divine order.

We look forward to meditating with you today.

Blessings,

A handwritten signature in black ink, appearing to read "Paul & Jeff". The signature is written in a cursive, flowing style.

MINDFUL MOMENT

If you are not doing so already, begin to keep a gratitude journal. Each morning or evening, take stock of your life and write down those things for which you are truly thankful.

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