

# Daily Nuggets of Truth

*Wisdom for Centering Your Soul  
in Unsettling Times*



*Jen Todd*

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## *Allow in Grace*

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In what ways are you striving, over-performing, or beating yourself up for not meeting some expectation? High achievers have a hard time with the idea of giving themselves grace. Grace does not mean lowering your standards, letting yourself off the hook, not caring, or being lazy. You can stand in integrity of your values — AND allow yourself grace to be human and to be you.

The foundation of grace is to bless, permit, or offer goodwill. Give yourself permission to be kind to yourself, the same way you give that to people you love. You do not need to do anything to “deserve” grace.

*Grace is your birthright because you were made with love by the creator of the universe. Allow in this love and acceptance. You don't have to be perfect or do anything to receive this. Grace is yours.*

### **AFFIRMATIVE PRAYER**

Cleanse me of all the limitations that are stopping me from allowing grace in. Help me see and feel and know that I am enough, just as I am. Let the presence of grace flow into every cell of my body, heart, mind, and spirit.

### **CENTERING MANTRA**

I RECEIVE GRACE

