

Good News Café Prayer Guide (for problems)

- ❖ Find a quiet place
- ❖ Relax (try counting down breaths from 10 to 1)
- ❖ Visualize and/or state affirmations
- ❖ Give thanks that it is done!
- ❖ If doubts arise during the day, restate the applicable affirmation or “see” the desired results

