

2-Minute Revitalizing Questions:  
Quick questions to refresh your spirit.

Today, I smiled when:

Today, I appreciated:

Today, I felt supported when:

Today, I felt energized when:

Today, I felt excited when:

Today, I laughed when:

One funny thing that happened today was:

I most want to remember this about today:

The best thing about this moment is:

My number one goal for today is:

Yesterday, I was looking forward to:

Today, I'm looking forward to:

## About Leslie Ralph



Hi, I'm Leslie Ralph, and *compassion* is my passion.

Over the last 15 years, I've immersed myself in all things healing - from positive psychology to spiritual development, and everything in between. **In my work as a psychologist, my writing, and my art, I help sensitive spirits fill their hearts with peace and love themselves for *life*.**

When I started, I just wanted to fix myself. I thought of myself as too quiet, too serious, too sensitive, too soft, too hyper, too needy. (Why couldn't I just be *normal*?)

**Today, I know there's something in me worth nurturing. Just like I know there's something in *you*.**

And I've learned through experience that it's never, ever about being perfect. It's about the small decisions that give you a shift. (Soon, you're watching your life transform.)

**That's why I'm sharing this meditation with you. It grew from my experience as a psychologist, and it's one of the things I do *in my own life* to get back to gratitude, back to now, and move forward filled with love.**

### Want to go deeper?

Check out my recent articles:

[If nothing else, remember that today, you are alive.](#)

[The value of experiencing \(and other things my body taught me\).](#)

[Words for finding your way.](#)

These excerpts from my newest book in the making, *Love, Child. Love.:*

[In the quiet, from deep within, the answer came to you.](#)

[The place where hearts go to mend. \(I'll meet you there.\)](#)

Or read the book, [There, I Might Find Peace.](#)