



# The TO BE List

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**W**E HAVE DISCOVERED that starting our day with our “To Be” list instead of our “To Do” list brings us a sense of peace and happiness far beyond anything we have previously experienced.

IT IS A PROFOUND WAY of celebrating our “being,” the essence of love that is our true identity and our true natural state of happiness. Doing this each morning has changed our state of mind far beyond anything we have ever experienced.



Our “To Be” list serves to remind us of our core self which is so often hidden from our daily awareness by the bus-i-ness of our daily doings and thoughts. It helps to remind us of our “spiritual self,” rather than our “doing self” as we bring forth the essence of our being as the Love that we truly are. This daily reminder emphasizes that we are more than just our physical bodies and that the Love we give and receive is lasting and, literally, affects the world around us.

We say the list out loud and it has a deeper effect than just reading or thinking the words. We always begin with the commitment that “today is going to be the best and happiest day of my life.” No matter what happens this day, the following thoughts on consciousness enable us to learn and grow from every situation without exception.

## The “To Be” List

### TODAY, MY BEING IS:

INNOCENCE  
GUILTLESS  
JUDGELESS  
ANGERLESS  
BLAMELESS  
INTERPRETLESS  
ONE THAT IS ALL WITH LIFE  
SPIRIT, NOT A BODY  
THE WILL OF CREATION  
FORMLESS  
LIMITLESS  
TIMELESS  
AGELESS  
FEARLESS  
ETERNAL  
HAPPINESS  
JOYFUL  
UNCONDITIONALLY LOVING  
UNCONDITIONALLY FORGIVING  
TENDERNESS  
KINDNESS  
PATIENCE  
COMPASSION  
HONESTY AND INTEGRITY  
FAITHFUL  
GENTLE, GIVING, GRATEFUL,  
AND GENEROUS  
OPEN-HEARTED AND OPEN-MINDED  
TRUSTING AND TRUSTWORTHY  
LOVING, LOVABLE, AND LOVED  
TRANSLUCENT, TRANSCENDENT,  
AND TRANSFORMED  
UNLIMITED AND UNMEASUREABLE

