



MINDFUL  
MOMENTS

**Can Do MS Podcast Transcript**  
**2023 Mindful Moments: Week 44**  
**Episode 157**

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Megan Weigel: [music] Hello. My name is Megan Weigel, nurse practitioner and MS-Certified nurse. I'm your host and I'm excited to invite you back for another week of Mindful Moments. [music] We'd like to thank our sponsors for their generous support of this podcast series, but most of all, I'd like to thank you for joining me to share in this week's mantra. It is Week 44, and this week's mantra is, my dreams have words, wings, and footprints. It's a beautiful mantra to think about, so let's go ahead and get comfortable and get right to it.

[music]

Find yourself in a comfortable seated position that allows you to be supported. If you feel better on the ground laying down, you can do that, but please allow yourself to remain alert. I don't necessarily want you to fall asleep, even though we're talking about dreams. [music] Start to lengthen your breath, so your breath comes in and out a little bit longer, slower, and deeper than usual, maybe into a count of five, out to a count of five. But don't struggle. If five's too long, then make it four. [music] [(2:00)] Say out loud or in your head with me, "My dreams have words, wings, and footprints. My dreams have words, wings, and footprints." [music] How does that feel in your body? What comes up in your mind? [music] "My dreams have words, wings, and footprints."

[(4:00)]

What have you always dreamed of saying? Where have you always dreamed of going? If you could fly, and by fly I mean succeed at anything, what would it be? "My dreams have words, they have wings, and they have footprints." [music] [(6:00)] Our dreams may look different now than they did years ago, maybe even a year ago. Dreams can change as our priorities change. They can also change as life changes. They may change as we get older. But you can still give your dreams the words, the wings, and the footprints that they deserve. [music] Your dreams have words, wings, and footprints. You can speak of your dreams with intent. You can speak of them with positivity and without regret. Take a deep breath in and open your mouth. Exhale. [music] [(8:00)] Let those words that you dream about, let the footprints that you long to make, and the

flights that you long to take sink in. Take one more deep breath in and exhale.  
Thanks for listening to this episode of Mindful Moments. We hope that today's mantra resonates with you and guides you through your week.

Remember, mindfulness does not have to be difficult. If you enjoyed this episode, please consider sharing this podcast with a friend. Thanks again and we'll see you next time. [music]  
[END]

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