

The Power of Choice



A life of choice is so liberating.... It reminds me that I can navigate my life in the direction that i choose.... I have allowed myself to be shackled by fear, doubt and anger all of which blind me to the truth.... The truth is I'm not inadequate.... I can influence my destiny.... I'm not a victim.... Life is not conspiring against me..... All I need do is be clear about where I want to go and then focus with all my heart on my chosen destination.... Pure intention, clear focus and quiet determination will take me to my goal.... This is what

I choose....I choose for the rest of my life to believe in myself, my talents and abilities....I choose for the rest of my life to be loving, kind and true to myself....I choose for the rest of my life to embrace peace, happiness and joy....I choose for the rest of my life to be clear, calm and confident....I choose for the rest of my life to respect myself and to treat others with respect....I choose for the rest of my life to find the jewel of benefit in every situation....I choose for the rest of my life to learn from my mistakes....I choose for the rest of my life to fly beyond the negative pull of anxiety and fear....I choose for the rest of my life to keep finding and celebrating the good in me and those around me....I choose for the rest of my life to let go of the past and live happily in the now....I choose for the rest of my life to listen to my heart and decide with my head....**I choose for the rest of my life to fully accept, love and forgive myself.... I choose for the rest of my lifechoice!**

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