

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 that 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 life... Choice...