



## Day 1

**I choose to stop obsessing  
over my past that I  
I cannot change,  
and focus on what I can change:**

**My Attitude,  
My Mindset,  
My Energy,  
My Future.**

**“...forgetting those things which are behind and reaching forward to those things  
which are ahead, I press toward the goal  
for the prize of the upward call of God in Christ Jesus.”**

**Philippians 3:13,14**

## **Day 2**

**I choose to recognize that strength does not come from my physical capacity, but from my Indomitable will and power in His might.**

**Finally, be strong in the Lord  
and stand in the in power of His might.  
-Ephesians 6:10.**



A photograph of a man and a woman walking away from the camera on a rocky beach. The woman is on the left, wearing a light-colored, long-sleeved robe or dress. The man is on the right, wearing a dark jacket and jeans. They are walking towards the ocean under a clear blue sky. The text is overlaid on the image.

**Day 3**

**I choose to act justly  
To love mercy  
And to walk humbly with my God.**

**Micah 6:8**

A person is standing on a rocky path in a field, with a bright sun in the background. The person is wearing a dark shirt and blue jeans. The text is overlaid on the image.

## Day 4

**I choose to keep on trying  
and not let my fear of failing  
prevent me from being  
the man God wants me to be.**

“For God has not given us the spirit of fear,  
but of power  
of Love,  
and of a sound Mind.  
-1 Timothy 1:7

## **Day 5**

**I choose to believe that  
I am worthy of love.  
I am worthy of healing.  
I am worthy of forgiveness.  
I am worthy of greatness.  
I am worthy of blessings.**

**"The Lord appeared to us in the past, saying:  
'I have loved you with an everlasting love;  
I have drawn you with unfailing kindness.'"**



## Day 6

**No matter the situation  
I choose not to let my emotions  
overpower my intelligence,  
my integrity and my decision  
to forgive.**

**“I can do all things  
Through Christ who strengthens me.”  
Philippians 4:13**



## **Day 7**

**I choose to do something  
today that my  
future self will thank me for.**

**For I know the plans I have for you, declares the Lord,  
plans for welfare and not for evil,  
to give you a future and a hope.**

**Jeremiah 29:11**