

# I live the life I choose

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The number of choices I have to make each day is incredible. **It is totally up to me to decide how I spend my time today.**

When I wake up each morning, I consider my clothing and other elements of my personal appearance very carefully. How long I work, whether I exercise and for how long, and my social activities are all up to me.

I can work my hardest, run my fastest, and play with great exuberance simply because I choose to. I can read an entire book, take a two-hour walk, or work a ten-hour day.

Each day, I am given many gifts which come to me in the form of choices.

My power to create the life of my dreams is phenomenal. **I realize that how my life proceeds now and in the future depends on the choices I select today.** Changing the direction of my life is up to me.

Even though I sometimes struggle with the options before me, I still rise to the occasion. I consider what I really want and go for it.

Today, I am focused on the choices that lie before me. **Although the options may seem irrelevant at the time, I know that what I decide to do each day determines the very fabric of my existence.** I love my life because I choose to live it in my own way. I am truly blessed.

## Self-Reflection Questions:

1. How do I feel about how my life is going?
2. In what ways do I consciously make choices to create the life I want each day?
3. What choices can I make to ensure I live the life I desire?

