



I Choose To Align Myself With the Goodness of Life

(in spite of my fears, anxiety, overwhelm, & pain)

I Choose:

To align myself with the goodness of life.

To be a force for good in the world.

To show up for my life, to stop waiting for life to happen to me, to have no regrets at the end.

To plant seeds that will contribute to the flourishing of my own life and the world's.

To show up as my most true and radiant self.

To look at what is working in my life, to my gifts and strengths.

To act as if my visions for my life and the world are possible even if I'm not 100% sure they are.

To see myself as a co-creator with life and to express my creativity in ever-expanding ways.

To ask for guidance—to align myself with the field of life—with Spirit. To ask what I am here to experience, express, create, and contribute.

To be generative in my life—to be conscious of what my thoughts and actions are generating. To bring new ideas, love and energy to life around me. To align myself with the energies of creation, hope, and flourishing.

To find the gifts and opportunities in each challenge I face.

To evolve beyond the pain and trauma of my own life and the world's. To create something heartfelt and beautiful in its place, no matter what has happened.

To be a blessing to the world.