

My Choices	My Affirmations
I choose to be happy. *Universally, unequivocally, & cosmically happy.	I am universally, unequivocally, and cosmically happy!
I choose to experience my own emotions and not to just mirror back the emotions of those around me.	I allow myself to feel my emotions.
I choose to honor myself, my experiences, and my heart.	I honor myself, my experiences, and my heart.
I choose to accept the past, learn from it, and move on loved by a God of my own understanding.	I accept the past. I move forward loved by the God of my own understanding.
I choose to allow my Higher Power to lead me into the life I am meant to live.	I follow my Higher Power's guidance into the life I am meant to lead.
I choose to have fun and enjoy life.	Life is fun and so enjoyable!
I choose to be a great parent to my daughters and to hold a vision of them in love and joy and fulfillment.	I am a great parent. I see my daughters surrounded by love and experiencing joy and personal fulfillment.
I choose to have no regrets.	I love all of my life.
I choose to eat well, exercise, drink water, get sunlight, do yoga, take walks, juice veggies, make smoothies, take probiotics, paint my toenails, and to do whatever else I want, need, or desire to take care of me.	I take wonderful care of my physical body.
I choose to make my own happiness and well-being a top priority because I love myself and I am worth it.	I love myself and I am worthy.