

I Choose Worksheet

To choose is to pick out or select (someone or something) as being the best or most appropriate of two or more alternatives.

Directions: Meditate on the concept of choosing—choosing to love, choosing to forgive, choosing how you will live your life. Consider the questions: Do I remain complacent and in a state of stagnant emotions, or do I choose to live each day in joy and freedom while attracting peace and prosperity? Then, explicitly write what you choose to invite in your life, mind, and heart.

For example:

- I choose to forgive those who have transgressed towards me in the present and the past.
- I choose to not be so hard on myself for living and learning through life.
- I choose to smile and live with gladness.

Your Turn!

I choose:

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Signature _____ Date: _____