

You are a sovereign being. Your life is yours to create as you wish. Everything that happens is a reflection of choices you've made, perhaps unconsciously, but with your own free will. Be happy in this, for your free will is your most powerful tool for creative expression. When you make a choice (actively or by choosing not to make a choice), you're exercising this power. Even in surrendering your power to someone or something, you're exercising your power. There is no way to escape your own sovereignty.

Today, release whatever judgements you hold about the choices you've made in the past. What do sovereign beings need to regret? Instead, learn from your choices. Let others learn from theirs. Decide where you wish to go from here. If there are things you'd like to change, choose again. What do you value? What is worth choosing? What do you wish to align yourself with? There are no right answers to these questions...only choice.

When you decide what you want to experience, claim it by saying,

“I am free. I am sovereign. I choose _____”