



I think, and I am.

With every thought I allow to cross my mind, I am choosing the life I want to live.

Whether positive or negative, enriching or draining, tiring or energizing, I have the power to create and manifest my own reality here in this moment.

Every thought I have is powerful. Every thought I have can change the world.

I think, and I am. I see that this is the simplicity of life. The way I choose to live, at this moment, helps determine who I truly am.

As I think, breathe, and speak, I am weaving the Universe around me to my liking. My words have power, my thoughts have freedom, and my life has a purpose.

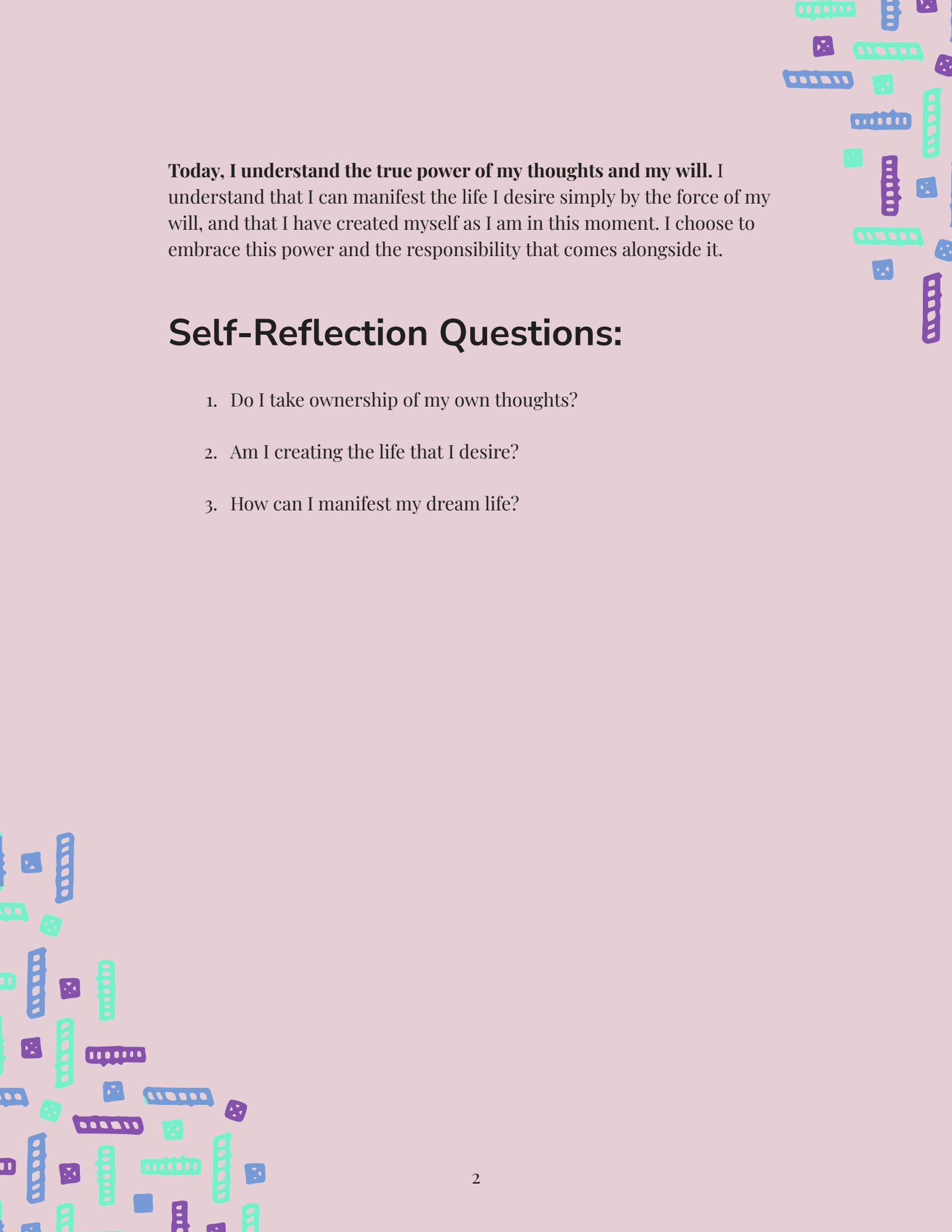
I am powerful. I am strong. I am majestic.

I see that while I have the power to create and manifest my life, I also have the power to transform the lives of those around me. I accept this as a great responsibility and choose to use my power for good.

I have the power to change the world, and I choose to extend love and compassion to all living things.

I think, and I am. I acknowledge my duty, and I live my best life.





Today, I understand the true power of my thoughts and my will. I understand that I can manifest the life I desire simply by the force of my will, and that I have created myself as I am in this moment. I choose to embrace this power and the responsibility that comes alongside it.

Self-Reflection Questions:

1. Do I take ownership of my own thoughts?
2. Am I creating the life that I desire?
3. How can I manifest my dream life?