

## **This Day**

**This Day is a brand new day.  
Coming since time immemorial, This Day  
Has never been seen, or known, or experienced.**

**This Day is my day  
To make of it whatever I choose for it to be.**

**I choose to make This Day  
the very best day that I can make of it.**

**I choose to expand my knowledge  
By learning something new from the experiences of it**

**I choose to renew my mind  
By thinking thoughts that are rich and rewarding.**

**I choose to increase my spirit.  
By living according to the purpose of my creator, whose spirit lives within me.**

**I choose to present my body  
In cleanliness and safety for health and happiness**

**I choose to live for others  
By being at peace with my world**

**This Day  
Will I forgive the pains of  
Yesterday**

**I will plan for the successes of  
Tomorrow**

**I will receive today in its fullest  
Measure**

**I will live**

**I will listen**

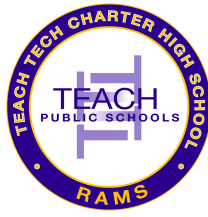
**I will learn**

**I will Love,**

**This Day**

**This Day is the day that belongs to ME**

**And I, \_\_\_\_\_**



## **I am in Charge...**

**I am in charge of myself.**

**Whatever I do, I do it because I want to.**

**If there is a reward, I earned it.**

**If there is a consequence, I will pay it.**

**I am in charge of saying what I say.**

**I am in charge of doing what I do.**

**I am in charge of wearing what I wear.**

**I am in charge of being where I should be.**

**I am in charge of the grades I earn in class.**

**I am in charge of winning or losing.**

**I am in charge of myself.**

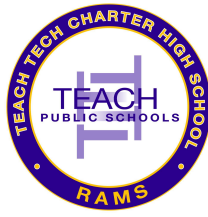
**Whatever I do, I do it because I want to.**

**If there is a reward I earned it.**

**If there is a consequence, I will pay it.**

**When I am not in charge of myself,**

**Someone else is.**



## **Our Deepest Fear**

**Our deepest fear is not that we are inadequate.**

**Our deepest fear is that we are powerful beyond measure.**

**It is our light, not our darkness, that most frightens us.**

**Your playing small does not serve the world.**

**There is nothing enlightened about shrinking so that other people won't feel insecure  
around you.**

**We are all meant to shine as children do.**

**It's not just in one of us it is in everyone.**

**And as we let our own lights shine, we unconsciously give other people permission to do the  
same.**

**As we are liberated from our own fear, our presence automatically liberates others.**