

# Affirmative Contemplation



## Morning Contemplation - Begin the Day

I rise with the sun

Smoothly and effortlessly

Coming into form for the new day

I open my eyes.

I know that today is here for me

It is my day

I rise into this day effortlessly

Smiling

I am free today

I am free to choose my world

I am the artist of my day

Joyfully selecting from all the colors

Painting my experience with my focus

Today I choose love over and over

Today I feel my power overflowing into kindness

Today I choose love again and again

Today I have endless opportunities to inspire and to be inspired

Right now I begin my day

And in the simplest and most mundane tasks

I discover my creativity

I am eager to join the others in the playground of the ever flowing now

With every step I take

I move into the new moment, open and awake

With every thought I think I seed my new moment

I am the artist of my experience and I choose love as I move forward

I choose joy as my path

I choose freedom as my way

I choose life

I choose now

I am so happy and grateful for this magnificent opportunity

I find my flow

My own unique flow

Everywhere I go

[www.AffirmativeContemplation.com](http://www.AffirmativeContemplation.com)

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