

I am not a victim unless I *choose to be one* in my mind.  
I can choose to *do* something right now, no matter  
how challenging the situation, starting with not feeling hopeless.  
I refuse to give up.  
I refuse to give in to fear.  
I will not give in to stress, to pain or to anger.  
If I am knocked down or tripped and have fallen,  
I will rise up, rise up, rise up!  
My spirit is eternal and so is my hope;  
so my actions reflect, always.  
I am in charge of my mind, my body and my soul.  
I choose to be here and to walk my path.  
I will find the best possible way to do so.  
I unquestioningly trust my divine intuition.  
I look to the Universe for answers.  
I will find a way over, around, under  
or through the mountain.  
My path will be straightened before me.  
I will face adversity and not falter.  
I will choose positivity, always positivity.  
I will try, try and try again and again.  
I will not tire.  
I will not rest until I have done absolutely everything  
to achieve and maintain true freedom and peace of mind.  
I will give myself every chance there is.  
I will jump at every opportunity  
to learn, to grow, to be healed.  
I will love myself at every step.

**I WILL ACHIEVE MY GOALS.  
MY SOUL WILL BE MANIFESTED.  
I WILL SHINE, SHINE, SHINE !**