

# I am in control of my life

## **I am in control of my life.**

I have power over the direction of my life. I call the shots and make the decisions. My life is my responsibility and mine alone.

## **I accept the awesome responsibility of managing my life and creating the future I desire.**

Regardless of my past, I have the ability to change the direction of my life. I know that I can live the life of my dreams.

I am free to make decisions that support my goals and values. I may sometimes feel that my options are limited, but that is just an illusion. I always have more options than I realize.

**I am open to all the possibilities my life holds.** I examine all of my available choices and make wise decisions.

I may have allowed other people to control my life in the past, but that time is over. I am firmly in control of my life now. I enjoy the power I have to steer my life in a direction that pleases me. I am free of the

influence of temporary circumstances.

## **I have the ability to overcome significant obstacles.**

Today, I exercise the power of choice and take full control of my life. Each day, I make positive decisions that can affect various aspects of my life and take responsibility for those decisions.

## **I am the master of my life and my future.**

### **Self-Reflection Questions:**

1. In what ways have I given up control over my life? Why?
2. What would I do if I believed I would not fail?
3. What can I do to take more control over my life each day?