

## Today

Today is a new day. What will I do?  
Today is the day to do something new.  
I get up for a challenge, I never give up.  
Until I've achieved it, I will not stop!

I dedicate myself, I find the real me.  
I show everyone how great I can be!  
Those who give up their dream and simply resign,  
Will never make me give up on MINE!

Limits, like fears, are just an illusion.  
I am clear in my thinking to cause no confusion.  
I cease all complaining, and start my committing,  
I move forward no matter how hard life is hitting.

Everything is possible, it might not be easy,  
Even when fear makes my stomach feel queasy!  
But I stay focused ~ on where I must go.  
Each day my experiences help me to grow!

I dream BIG, I am strong, I am bold.  
I'm brave and I'm worthy, and I'll never grow old!  
I have faith, I have love and belief in myself,  
I have my dream life of pure health and wealth!!