

I Do My Best!

Today I'm conscious, today I'm true,
True to Me, in all that I do.
I remember to Love me, I sure do my best,
To treat myself kindly, and put myself to the test!

I get up with some gusto, some will and intent,
I have a fair goal, and still am content.
I eat a healthy breakfast, my meals are all planned,
I remember to have some connection to Earth and the land.

I know I can do all that is in my view,
When I say that I can, I just have to "DO"
I move my body, in ways that are fun,
I feel that the adventure of life's just begun!

So the next thing I know, my goal is in sight,
I took back my power, I regained my might!
Anything now I choose to manifest,
I can achieve, because I do my best!!