[**Today I Have a Choice**](http://www.jencomaskeck.com/2012/09/today-i-have-choice.html)

[](http://4.bp.blogspot.com/-UklSWEro7F8/UGD9pI7_yoI/AAAAAAAABTE/IKRJ3LDxH_4/s1600/Unknown)

I am responsible for my actions.

I choose to keep my goals in mind.

Today I will step forward rather than backwards.

I will continue to work on developing new healthy habits which will replace old unhealthy habits.

I will take things one step at a time, do what my body is capable of doing today, in this moment.

I strive for progress; not perfection.

I hold myself accountable for my actions and also lack thereof.

I choose to be an excellent example.

Today I trust the process and ignore all of the outside noise.

Tonight I will have the luxury of going to bed with satisfaction, because I feel good about my actions.

Today I choose to work hard and make “stuff” happen.   
  
**If I opt to make bad decisions, there will be no guilt or regret; *only consequences*.**

* Mr. Graff’s Mission Statement