Daily Affirmation

I wake up everyday and happily embrace the new day staying positive about the new challenges that await me. I choose to be healthy and feel good. I understand that I am in charge of my life and its direction, and I stay focused on my goals. I am patient, loving, caring, and understanding. In all situations, I remain balanced. I am balanced and as a result, my relationships are balanced.  I am filled with good luck. Good luck flows into me like the river into the ocean. Amazing things happen in my life each day as a result of this good luck, and I appreciate every moment of it.