

## TED\* (\*The Empowerment Dynamic)<sup>TM</sup> Daily Affirmation

As a creative and conscious human being, I embrace the awareness that I am always at choice no matter what circumstances arise. I cannot, not choose. I therefore choose an empowering response to today's situations.

I take personal responsibility for my thoughts and behavior and make an honest assessment of my current reality. I understand that what I focus on has a great deal to do with what shows up in my experience. As I develop skillful patterns of observing my thoughts and emotions, I increase my self-awareness and personal empowerment.

I relate to people today with the knowledge that all human beings are Creators, whether they are aware of it or not, or whether they act like it or not. I meet them where they are on their life journey. I am compassionate with myself and others, knowing that the human experience has setbacks and struggles on the path of creating.

I hold the tension between what I want and what I actually have, knowing that at any time one Baby Step could be a giant leap forward. I am grateful for the creating process that includes incremental steps in order to manifest the outcomes I most want to create. Today I embrace TED\*---\*The Empowerment Dynamic---in all areas of my life.