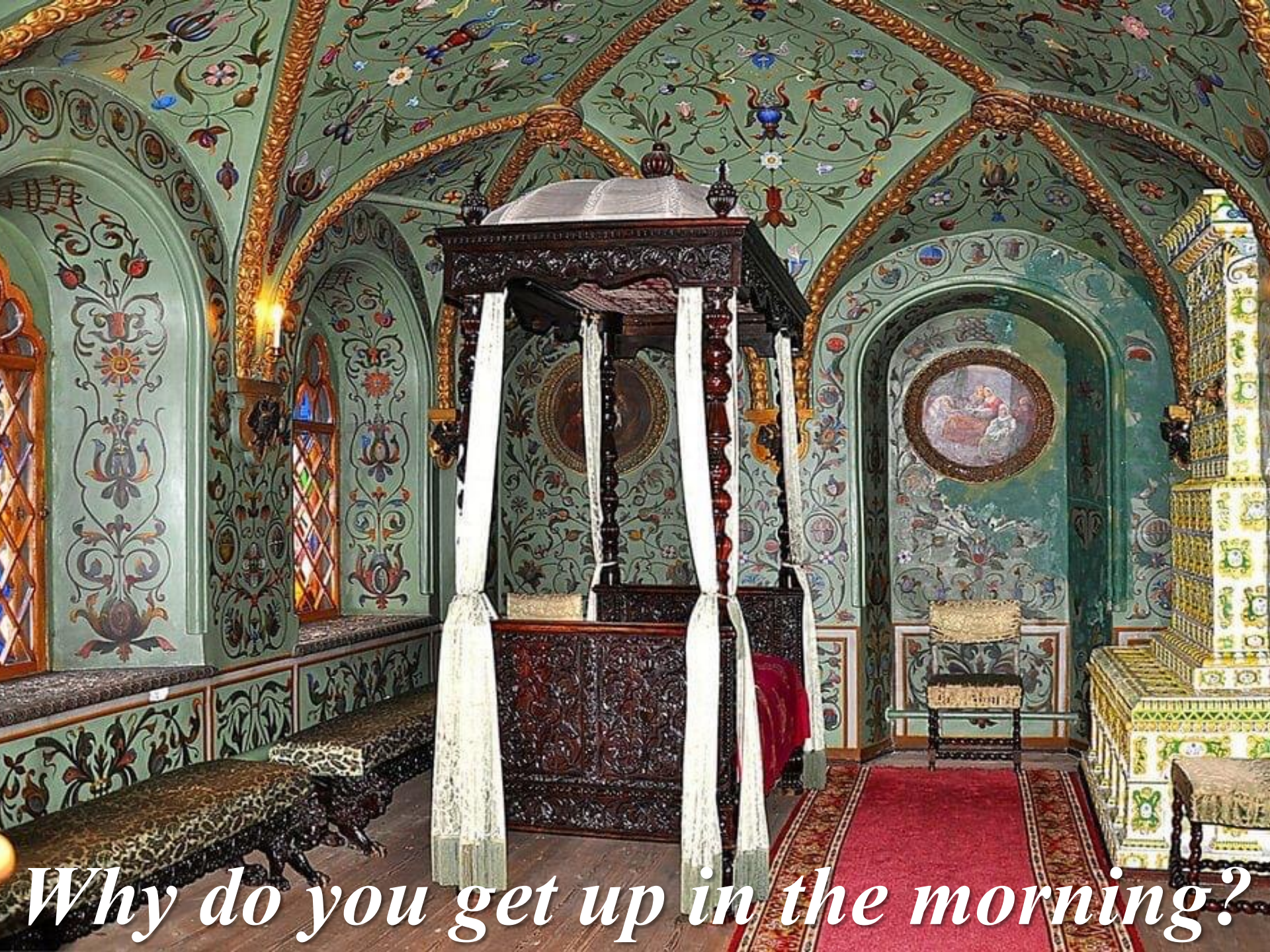




*I Am Free!*





*Why do you get up in the morning?*



# **“why do you get up in the morning?”**

**That’s what I do**

**I’m still alive**

**Done sleeping**

**Coffee**

**Read the paper**

**Family, friends, pets**

**Continue my work**

**Frustrated by what needs doing**

**Another day of sobriety**

**Be part of the human race**

**Do something useful**

**That world’s not going to screw itself up!**

# **“why do you get up in the morning?”**

**Write / be creative**

**Be grateful / celebrate**

**Live life to the fullest**

**Be involved in next unfolding hour**

**Open to Spirit**

**Sing like a bird with love in my heart**

**Be present to what life offers**

**So much to experience in the world**

**Say “thank you God” for always being here**

**Play game of life with souls I love**

**Behold the beauty**

**To learn**

# **“why do you get up in the morning?”**

**Make a difference**

**Smile / be kind**

**Divine drive to create**

**Accept others / compassion**

**Be encouraging / understanding**

**Help people be happier**

**Help others get along**

**Work toward racial justice and equity**

**Love and be loved**

**Show someone the way to God**

I will give you the keys of the kingdom of heaven, and whatever you bind on earth shall be bound in heaven, and whatever you loose on earth shall be loosed in heaven.

Matt. 16.19

# *I Am Free to Design My World*

**Young Adults**

Newly Married

**Single / Career**

House, Spouse, Kids, Bills

**Empty Nesters**

Divorced

**Long-term Illness**

Unemployed

**Retired**

Forgetting your mission leads to getting tangled up in details that can take you completely off your path.

A personal mission statement acts as both a harness and a sword – harnessing you to what is true about your life and cutting away all that is false.

Laurie Beth Jones – *The Path*



Jesus said, “Did I not tell you that if you believed, you would see the glory of God?”

John 11.40

# *I Am Free to Design My World*

**Know what you don't want**

**Listen to desire of your heart**

**Flesh out the details**

**Focus on the feeling**

**Let go and let God**

**Make time for Silence**

**Watch for opportunities and act**

**Keep energy aligned with desire**

**When in doubt, speak the Truth**

# *When in doubt, speak the Truth*

**I am free to design my world.**

**Nothing and no one can keep me from my good.**

**God is my instant, constant, and unlimited Source.**

**I have all that I need to design my world.**

**I let go of all limiting thoughts.**

**I welcome divine ideas to guide my steps.**

**There is Truth in the Silence – be still and know.**

**I am grateful for the freedom to create.**

**Thank you God for handling the details.**

**I move through this process with ease and contentment.**

**Peace in the beginning, peace at the end,  
and peace in the in-between.**

**I'm so happy knowing I am free to design my world!**