



fire

I consciously exercise my power of choice and free will. I honor myself by choosing those actions, people, and events that energize and enhance my life.

My daily positive choices include: exercise, quiet time, healthy food, adequate rest, music, and positive words.

ACTION



air

My focus on the present moment allows me to be aware of this true purpose and find meaning in everything I do.

LOVE



ether

Self-acceptance nourishes my innate talents; inspiration and ideas sizzle.

I now exercise my will and determination as I choose to manifest my creative power. Buried in my daily activities, relationships, and life events is my true purpose and inner calling.

FAITH



brow

I envision my world as I desire it and notice in each moment how all things contribute to its un-foldment.

VISION