

# Choose to have a good day



**There is something really powerful about choice. It allows you to take control of your life, actions, and behavior. You become in charge of what happens to you rather than just be a victim of circumstances. It empowers you in ways you never thought possible.**

**Rather than just drifting along and putting blame on others for how you feel today – be the one who decides. YOU can**

**make your days better. Make them count.**