

# TODAY I CHOOSE TO BE

Transform Your Life One Intentional Day at a Time

**START ANYTIME!**

*A YEAR OF BECOMING  
WHO YOU WERE MEANT TO BE*



## Day 1 - 365

**365 DAYS OF TRANSFORMATION  
ONE CHOICE AT A TIME**

*Susie Adriance*

TODAY  
I CHOOSE TO BE

A Year of Becoming Who  
You  
Were Meant to Be

*Start Any Day • Transform Your Life*

365 DAYS OF TRANSFORMATION •  
ONE CHOICE AT A TIME

Susie Adriance

# TODAY I CHOOSE TO BE

A Year of Becoming Who You Were Meant to Be

Evergreen Edition

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# **Welcome to Your Transformation Journey! ✨**

Dear Friend,

Take a deep breath. You just did something brave.

By downloading this free week, you've declared that you're ready for something different. Ready to stop going through the motions. Ready to choose who you become.

I know what it's like to wake up at 56 and wonder, "Is this it?" After my kids left home and I reconnected with my birth daughter through DNA testing, I faced a question I'd never expected: Who am I when I'm not being everything to everyone else?

That's when I discovered the life-changing power of one simple daily practice.

## **How Your Free Week Works:**

### **Each Morning (2 minutes):**

- Read your daily attribute (like BRAVE for Day 1)
- Read the inspiring quote
- Set your intention for the day

### **During Your Day:**

- Complete one small practice related to your attribute
- Notice opportunities to embody that quality

### **Each Evening (2 minutes):**

- Answer the reflection question

- Write a few lines about your experience

That's it. Five minutes total. But those five minutes will start shifting everything.

### **Your First Seven Days:**

- Day 1: BRAVE - Take that first courageous step
- Day 2: FRESH - Embrace new beginnings
- Day 3: HOPEFUL - Choose optimism over fear
- Day 4: OPEN - Welcome possibilities
- Day 5: READY - Prepare for transformation
- Day 6: CURIOUS - Ask better questions
- Day 7: WILLING - Say yes to growth

### **A Personal Promise:**

This isn't about perfection. Some days, being BRAVE might mean having a difficult conversation. Other days, it might just mean getting out of bed. Both count. Both matter.

You're not too old. You're not too late. You're exactly where you need to be.

Ready to begin? Turn the page and let's start with BRAVE.

With love and belief in your journey,

Susie Adriance  
Founder, Enlightenzz

P.S. Join our private Facebook group "Today I Choose" to share your journey with other women walking this path.  
You're not alone! 💕💕

## *DEDICATION*

*To every woman who has ever stood at the crossroads  
of who she was and who she's becoming.*

*Your courage to choose, day after day,  
is changing the world—starting with your own.*



*To my husband Curtis who supported me with his  
undying patience with this obsession and to my children  
Jesse, Justin, Tyler, Amy & Trè who have supported and  
encouraged me endlessly.*

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# WELCOME TO YOUR JOURNEY

Dear Seeker,

You're holding more than a book—you're holding a year of possibilities. 365 days of choosing who you want to be, one attribute at a time.

Perhaps you picked up this book because you're ready for change. Maybe you're feeling stuck, searching for meaning, or simply curious about who you might become if you approached each day with intention. Whatever brought you here, welcome. You're exactly where you need to be.

This book was born from a simple but profound question: What if we could choose who we want to be each day? Not wait for the "right" circumstances, not hope for change to find us, but actively choose the qualities we want to embody?

Why "Today I Choose to Be"?

Because transformation doesn't happen in giant leaps—it happens in daily choices. Each morning, you'll encounter a new attribute: Brave. Peaceful. Joyful. Curious. These aren't just words; they're invitations to explore different facets of who you are and who you're becoming.

Some days, the attribute will feel like a perfect fit. Other days, it might challenge you, surprise you, or arrive at exactly the moment you need it most. Trust the process. There's magic in showing up daily, in saying "yes" to growth even when—especially when—it feels uncomfortable.

## What Makes This Book Different

This is an evergreen journey. You can start on January 1st, July 15th, or any day that calls to you. There are no dates to keep up with, no calendar year to follow. Your Day 1 is whenever you decide to begin.

Each day offers:

- An attribute to embody
- A reflection to inspire deeper thinking
- A meaningful quote to carry with you
- A practical exercise to make the attribute real in your life
- Space to capture your own insights

But more than that, this book offers you permission—permission to grow, to change, to become. Permission to be imperfect. Permission to start over as many times as you need.

## A Personal Note

I created this book because I needed it. I needed a daily reminder that I have the power to choose who I want to be. I needed structure for my growth and space for my journey. Most of all, I needed to believe that small, daily choices could add up to profound transformation.

They can. They do. I've lived it, and now I invite you to live it too.

## Your Invitation

So here's my invitation to you: Commit to this journey. Not perfectly, but persistently. Show up as you are. Some days you'll feel inspired; other days you'll feel resistant. Both are welcome. Both are part of becoming.

Write your start date on the inside cover. Make this book yours. Underline what speaks to you. Fill the margins with your thoughts. Let it become a record of your transformation.

Ready? Take a deep breath. Turn the page. Your journey of becoming awaits.

With love and belief in your journey,

*Susie*

# HOW TO USE THIS BOOK

Welcome to your daily practice of becoming. This book is designed to be simple, flexible, and transformative. Here's everything you need to know to begin.

## Getting Started

- 1. Choose Your Start Date:** This book works with any calendar. Your Day 1 is whenever you decide to begin. Write today's date next to Day 1 to track your personal journey.
- 2. One Day at a Time:** Each morning (or whenever works for you), turn to the next daily page. Read that day's attribute and let it be your focus for the next 24 hours.
- 3. No Catching Up Required:** If you miss a day, a week, or even a month, simply pick up where you left off. This journey is about progress, not perfection.

## Your Daily Practice

### **Morning (2-3 minutes):**

- Read the day's attribute and reflection
- Consider the quote—how does it speak to you?
- Review the practice suggestion

### **Throughout the Day:**

- Look for opportunities to embody your chosen attribute
- Notice when the attribute shows up naturally
- Observe without judgment—this is about awareness, not perfection

### **Evening (Optional):**

- Use the reflection space to capture insights
- Note one way you embodied the attribute
- Acknowledge your growth, however small

### **Making It Your Own**

This book is meant to be used, not preserved. Feel free to:

- Write in the margins
- Highlight passages that resonate
- Add your own quotes or insights
- Skip the writing if that's not your style
- Revisit favorite pages whenever you need them

### **Tips for Success**

**Keep It Visible:** Place the book somewhere you'll see it each morning—your nightstand, kitchen table, or desk.

**Set a Reminder:** In the beginning, you might want to set a daily reminder on your phone until the practice becomes habit.

**Be Gentle:** Some attributes will feel easier than others. That's normal and part of the journey.

**Trust the Process:** The attributes are arranged to support your gradual transformation. Trust that each one arrives at the right time.

**Share the Journey:** Consider doing this with a friend, partner, or group. Sharing insights can deepen the experience.

## Remember

There's no "right" way to use this book. The only requirement is showing up. Some days you'll feel deeply connected to the practice; other days you might just glance at the attribute and move on. Both are perfectly fine.

What matters is that you're choosing to grow, one day at a time.

Your transformation begins now. Turn the page and meet your first attribute.

### GET YOUR FREE COMPANION GUIDE!

Thank you for choosing transformation!

Your 60+ page Companion Guide includes:

- ✓ Quarterly deep-dive exercises
- ✓ Extra journaling prompts
- ✓ Progress trackers
- ✓ Monthly reflection pages

#### **Get it free at:**

[www.enlightenzz.com/today-i-choose-to-be-fillable-companion-guide/#get-guide](http://www.enlightenzz.com/today-i-choose-to-be-fillable-companion-guide/#get-guide)

# MONTH ONE

## *New Beginnings*

*"Every new beginning comes from some other beginning's end. This month, plant seeds of possibility, embrace the unknown, and trust that you're exactly where you need to be."*

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### **Your Journey This Month**

30-31 days of new beginnings • One choice at a time

## Day 1

*Today I Choose to Be*

# BRAVE

Today I choose to be brave, and honestly, it feels a little ridiculous to declare that while still in my pajamas. But here's the thing about Month One first day—it demands we make declarations, doesn't it? The calendar resets and suddenly we're supposed to transform into these bold, new versions of ourselves. I used to think brave meant big, dramatic gestures. Now I know it often looks like small, unglamorous choices. It's returning that phone call you've been avoiding. It's saying 'I don't know' instead of pretending you have answers. It's starting this year without a perfect plan. Mary Anne Radmacher wrote, 'Courage doesn't always roar. Sometimes courage is the quiet voice at the end of the day saying, I will try again tomorrow.' Month Fivebe that's what brave really is—not the absence of fear or doubt, but the willingness to begin anyway, to choose who we want to be even when we're not sure how to get there.

*"Courage doesn't always roar. Sometimes courage is the quiet voice at the end of the day saying, 'I will try again tomorrow.'"*

— Mary Anne Radmacher

### TODAY'S PRACTICE

Take one small brave action today—even if it's just speaking up in a conversation or trying something new.

*What did brave look like for me today?*

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## Day 2

*Today I Choose to Be*

# FRESH

Today I choose to be fresh, which feels both possible and impossible after yesterday's bravery. There's something about taking that first brave step that shakes loose our stale patterns. This morning, everything seems to be asking: 'What if you tried this differently?' Buddha said, 'Every morning we are born again. What we do today is what matters most.' It's a beautiful thought, but also terrifying—all that potential for reinvention, all that pressure to matter. Fresh doesn't have to mean throwing everything out and starting over. Sometimes it's just tilting your head five degrees and seeing what you've always seen from a slightly new angle. It's putting your coffee mug in a different spot. It's taking a new route to work. It's responding to that same old irritating situation with curiosity instead of judgment. Yesterday we chose brave. Today we choose fresh. They're connected, these choices—bravery cracks us open, and freshness is what rushes in through the cracks.

*"Every morning we are born again. What we do today is what matters most."*

— Buddha

### TODAY'S PRACTICE

Choose one area of your life to approach with fresh eyes—maybe your morning routine or how you organize your space.

*How did I bring freshness into my day?*

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## Day 3

*Today I Choose to Be*

# HOPEFUL

Today I choose to be hopeful, and I'll admit it—this one's harder. Brave felt active, fresh felt creative, but hopeful? Hopeful asks us to believe in things we can't see yet. After two days of choosing, I'm already wondering if this matters, if these small daily intentions add up to anything real. That's when Desmond Tutu's words find me: 'Hope is being able to see that there is light despite all of the darkness.' Not because of the darkness, not after the darkness—despite it. Hope doesn't require us to be naive or to pretend things are better than they are. It asks us to hold both truths: yes, things are difficult, and yes, they can change. yes, we've failed before, and yes, we can try again. The bravery of day one opened a door. The freshness of day two let new air in. Now hope asks us to trust that this path leads somewhere, even when we can't see around the bend. That's the thing about journeys—they require hope to keep walking.

*"Hope is being able to see that there is light despite all of the darkness."*

— Desmond Tutu

### TODAY'S PRACTICE

Write down three things you're looking forward to this year—big or small. Let hope guide your thoughts.

*Where did I find hope today?*

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## Day 4

*Today I Choose to Be*

# OPEN

Today I choose to be open, and I realize this might be what hope was preparing me for. The first three days were like warming up—brave got us started, fresh shifted our perspective, hopeful pointed us forward. Now open asks us to actually receive what comes. It's tempting to control this journey, to map out exactly how our transformation should look. But openness means loosening our grip on the outcome. It means saying 'yes' before we know all the details, staying curious when we'd rather be certain, listening when we want to speak. Being open doesn't mean being passive or accepting whatever comes our way. It's an active state of readiness, a conscious choice to remain receptive. Sometimes the best things arrive in packages we wouldn't have chosen, through doors we didn't know existed. After four days, I'm beginning to see how these choices build on each other—each quality preparing us for the next, creating space for something new to emerge.

*"The mind is like a parachute. It doesn't work unless it's open."*

— Anonymous

### TODAY'S PRACTICE

Practice saying 'tell me more' in conversations today. Stay open to perspectives that differ from your own.

*What surprised me about being open today?*

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## Day 5

*Today I Choose to Be*

# READY

Today I choose to be ready, which feels like the natural culmination of our first week's journey. We began with brave, shifted to fresh, lifted into hopeful, expanded into open, and now—now we're ready. But ready for what, exactly? That's the beautiful uncertainty of it. Being ready doesn't mean having everything figured out. It means we've prepared the ground: we've chosen courage over comfort, new perspectives over old patterns, hope over cynicism, openness over control. Now we stand at the threshold, prepared for whatever comes next. Ready is a state of alert relaxation, like a runner at the starting line—poised but not tense, focused but not rigid. This week has been about creating the conditions for change. We didn't force anything; we simply chose, day by day, to align ourselves with qualities that make transformation possible. Tomorrow we'll choose again, but today, we're simply ready—ready to receive, ready to act, ready to become.

*"By failing to prepare, you are preparing to fail."*

— Benjamin Franklin

### TODAY'S PRACTICE

Clear one physical or mental space today. Make room for what's coming.

*What am I most ready for as this week ends?*

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## Day 6

*Today I Choose to Be*

# CURIIOUS

Today I choose to be curious, and it feels like the perfect way to begin this second week. After building our foundation of bravery, freshness, hope, openness, and readiness, curiosity arrives like a child tugging at our sleeve, asking 'But why? But how? What if?' Einstein said, 'I have no special talent. I am only passionately curious.' What a relief—we don't need talent, just curiosity. Being curious means we're done with having all the answers. It means every interaction becomes an opportunity to learn something new, every challenge becomes an interesting puzzle rather than a frustrating obstacle. Curiosity is the antidote to judgment. When we're genuinely curious about why someone acts the way they do, why we react the way we react, why things are the way they are, we stop criticizing and start understanding. Yesterday we were ready. Today we lean in with questions. The journey continues not because we know where we're going, but because we're curious about where it leads.

*"I have no special talent. I am only passionately curious."*

— Albert Einstein

### TODAY'S PRACTICE

Ask 'why' or 'how' at least five times today. Let curiosity guide your interactions.

*What did curiosity reveal to me today?*

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## Day 7

*Today I Choose to Be*

# WILLING

Today I choose to be willing, which is curiosity's natural partner. Yesterday we asked questions; today we say 'yes' to what we discover. Willingness isn't the same as wanting—I might not want to have that difficult conversation, try that new approach, or change that old habit. But I'm willing. There's power in that distinction. 'The willingness to show up changes us,' Brené Brown reminds us. 'It makes us a little braver each time.' Willingness is the bridge between knowing and doing, between insight and action. It's softer than determination, gentler than force. It says, 'I may not be excited about this, I may not feel ready, but I'm willing to try.' After a week of preparing ourselves, willingness is how we step into action—not with certainty or enthusiasm necessarily, but with a simple, humble 'yes.' Sometimes that's all transformation needs: not a grand gesture, but a willing heart.

*"The willingness to show up changes us. It makes us a little braver each time."*

— Brené Brown

### TODAY'S PRACTICE

Say yes to one thing today that you normally would decline or postpone.

*Where did willingness take me today?*

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## Day 8

*Today I Choose to Be*

# ADVENTUROUS

Today I choose to be adventurous, and I can feel yesterday's willingness expanding into something more playful. Adventure doesn't require a passport or a mountain to climb—it just needs us to step off our usual path. Helen Keller wrote, 'Life is either a daring adventure or nothing at all.' But here's what I'm learning: daring is relative. For one person, adventure might be traveling solo across the world. For another, it's trying a new restaurant, speaking up in a meeting, or wearing a bright color after years of black and gray. The point isn't the size of the adventure; it's the spirit of it. When we choose adventurous, we're choosing to see life as an exploration rather than an endurance test. We're saying yes to the unknown, not because we're fearless, but because we're curious about what lies beyond our comfort zone. Willingness opened the door; adventure walks through it with a sense of play. Even ordinary days can become adventures when we approach them with this spirit.

*"Life is either a daring adventure or nothing at all."*

— Helen Keller

### TODAY'S PRACTICE

Do one thing today that feels like a small adventure—take a new route, try a new food, start a conversation with a stranger.

*What adventure found me today?*

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## Day 9

*Today I Choose to Be*

# CLEAR

Today I choose to be clear, and after yesterday's adventures, clarity feels like coming home to myself. Sometimes we think clarity means having all the answers, but really it's about seeing what is actually there—not what we wish was there, not what we fear might be there, but what is. Lao Tzu said, 'When I let go of what I am, I become what I might be.' Clarity requires this letting go—releasing our stories, assumptions, and projections so we can see clearly. It's like cleaning a window we didn't realize was dirty; suddenly the view is sharp and bright. Being clear doesn't mean being harsh or cold. It's simply removing the fog of confusion, the haze of maybe, the mist of 'I don't know.' When we're clear, decisions become easier, communication becomes cleaner, and our path forward reveals itself. The adventures of yesterday may have stirred things up, but today we let the dust settle and see what remains. Clarity is a gift we give ourselves and everyone around us.

*"When I let go of what I am, I become what I might be."*

— Lao Tzu

### TODAY'S PRACTICE

Identify one area of confusion in your life and write down what you know to be true about it.

*What became clear to me today?*

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