

**1 million choices a day**

One million choices a day,  
The choice to breathe, the choice to play.  
The opportunities I take,  
The path I make,  
One million Choices a day.

The choice I make to worship and pray,  
The choice I make to do what I say.  
The choice I make to go to school,  
The choice I make to follow every single rule.

The choice I make to sleep and wake,  
The choice I make to cook and bake.  
The choice I make to blow my nose,  
The choice I make to wriggle my toes.

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The choice to breathe, the choice to play.  
The opportunities I take,  
The path I make,  
One million Choices a day.

The choices I make swirl round in my head,  
The choices I've made, the things I've said.  
The choices I'll make in the rest of my life,  
May bring me happiness and fortune or hardship and strife.

The choices I make dwell in the past.  
The choices I've made will forever last.  
The choices I'll make every day.

The words I'll speak, the things I'll say.

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The choice to breathe, the choice to play.

The opportunities I take,  
The path I make,  
One million Choices a day.