

I make progress

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I keep moving forward.

I set clear and compelling goals. **I give myself something to strive for.** My inspiration is strong, and my direction is clear.

I persevere through obstacles. I remember that setbacks are natural. When I hit a roadblock, I find another route. I keep trying, and I learn from each experience.

I embrace change. I keep up with the times. I master new technology and update my skills. I am flexible and optimistic.

I reach out for support. I ask others for help when I need it. I foster collaboration and teamwork. I communicate openly and directly. I share ideas and constructive feedback.

I stay on track. **I limit distractions and time drains.** I turn the TV on only when there is something specific that I want to watch. I limit the time I spend browsing online or checking for messages.

I evaluate my performance. I keep a journal. Writing about my personal and professional activities helps me to see where I am succeeding and where I want to make positive changes.

I treat myself with kindness and compassion. I adopt lifestyle habits that keep me strong and fit. I validate my feelings and experiences. I take refreshing breaks, so I can relax and restore my energy.

Today, I continue to learn and grow. I stay faithful to myself and my principles. I move closer to fulfilling my dreams.

Self-Reflection Questions:

1. How does perfectionism interfere with progress?
2. What can I do when I feel like I am stuck?
3. How can I tell if I am making progress in life?