

I make things happen

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I am talented, productive, and make it a point to develop a rewarding and fulfilling personal life.

I cultivate healthy relationships. I spend time with family and friends. I communicate openly. I treat others with kindness and respect.

I take care of my health. I adopt daily habits that protect my mental and physical wellbeing. I lose extra weight. I train myself to run marathons or play tennis.

I continue learning. I keep adding to my knowledge and skills. I read books and take classes. I talk with others about their passions.

I take risks. I volunteer for challenging assignments and propose new projects to my boss. **I earn promotions or start my own business.**

I collaborate with others. I strengthen my network and support my team. I pull my weight and share constructive feedback.

I demonstrate leadership. I am inclusive and innovative. I focus on the big picture. I listen to others and ask questions. I build others up and gain their trust. I maintain a positive attitude.

I give back to my community. I help my neighbors and support local businesses and charities. I organize block parties and plant trees. I volunteer at my child's school or teach yoga at the local senior center.

Today, I take action. I persevere through obstacles and focus on results. I turn my dreams into reality.

Self-Reflection Questions:

1. What is one accomplishment that makes me feel proud?
2. What is the difference between a wish and a goal?
3. Where does my motivation come from?