

I control my life

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I am the captain of my ship. I make my own decisions and take responsibility for my choices.

I listen to my intuition. **I follow my heart.** I define what success means for me instead of comparing myself to others.

I leverage my strengths. I figure out what I do well and what I love to do. I structure my tasks so that I can take advantage of my natural talents.

I manage my emotions. I focus on the things that I can control. **I remind myself that how I respond to events is up to me.** I can use any situation as an opportunity to learn and grow.

I limit distractions. I cut out activities that drain my time and energy. I spend fewer hours watching TV and browsing online and more hours working on my hobbies and volunteering in my community.

I make myself a priority. I take care of my health. I exercise regularly, eat a balanced diet, and sleep 8 hours each night.

I think positive. I look for the humor in difficult situations. I count my blessings and give myself encouraging pep talks. I know I can accomplish great things when I am willing to make the effort.

I take action. I make concrete plans and evaluate my progress. I take steps each day that bring me closer to my goals. I persevere through obstacles and setbacks.

Today, I chart my own path. I have confidence in myself and my abilities.

Self-Reflection Questions:

1. When is it okay to break the rules?
2. How does helping others make me more powerful?
3. How can I develop my leadership abilities?