

I create the life I want

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I am powerful and capable.

I explore my purpose. I understand my values and priorities. **I define my own path.**

My vision and direction are clear.

I set specific and compelling goals. I am committed to personal development. I wake up feeling motivated and excited. I stretch my skills and perform at a higher level. I give myself something to strive for.

I build my confidence. I believe in myself and my abilities.

I reach out for support. I collaborate with others. I ask for help when I need it. I share constructive feedback and moral encouragement. I call a friend when I feel stressed. I develop mutually rewarding alliances at work.

I take action. I break big projects down into smaller steps. I find a place to start. **Each victory creates momentum and fuels my progress.**

I stay focused. I manage my time and limit

distractions. I set limits on watching TV and browsing online. I follow daily rituals that make me more efficient and effective. I wake up early and tackle difficult tasks during my peak hours.

I adapt to change. I take worthwhile risks and seize promising opportunities. I stay up to date with technology. I am flexible and resilient.

I persevere through obstacles. **I focus on solutions.** I prepare for setbacks and experiment with different strategies.

Today, I take responsibility for my life. I am productive and successful. I think positive and keep moving forward.

Self-Reflection Questions:

1. How does helping others help me to create the life I want?
2. What is the difference between responsibility and blame?
3. What is one thing I want to accomplish today?