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My life is sometimes moving forward slowly. Usually, my life is moving forward quickly. However, my life is always moving forward.

I am a big believer in making progress each day.

Even one small step can make a difference. I only need to lay one good brick each day to eventually build a huge wall.

I am always laying more bricks in the wall of my life. **Each brick matters.** I lay these bricks as quickly as I can, but I can be satisfied with a single brick.

I am committed, but I am also patient when necessary.

I am very clear on the direction of my life. I know where I want to go. **I am focused on moving my life in that direction.**

My visions of the life I want to live pull me forward each and every day. My decisions support the vision I have for my life. My actions take me one step closer to my ideal

life.

My life is always moving forward. One step at a time. One day at a time. **I am getting closer each day.**

Today, I am moving my life forward in a big way. Today, I am taking big steps and creating big results. I am making rapid progress today.

Self-Reflection Questions:

1. What is my vision for my life? Are my plans big enough? Are they worthy of me?
2. What can I do today, tomorrow, and next week that will ensure that my life is moving forward?
3. How can I get to where I want to go faster? Why have I been moving slower than that so far?