

# My potential keeps growing

## **My potential keeps growing.**

I grow smarter and more capable each day.

**I try new things.** I visit different neighborhoods and foreign countries. I make art. I listen to country music instead of jazz. I stimulate my curiosity.

I continue learning. I read books and listen to podcasts. I earn certifications online or attend classes at a local university. I study sustainable farming and international trade. I broaden my skill set and increase my knowledge.

I manage my time. I identify my top priorities. **I devote most of my day to the activities that bring me closer to reaching my goals.** I work efficiently and limit distractions.

I collaborate with others. I strengthen and diversify my network. I create partnerships and alliances. I share feedback and referrals. I teach others what I know. I ask for help when I need it. I work as a team.

I embrace change. I view transitions as natural and necessary. I turn them into

opportunities. I treat myself with compassion while taking constructive action. I am flexible and resilient. **I remember that change is essential for making progress.**

I savor the journey. I pace myself. I set realistic goals and manage stress. I take time out to play with my kids and lie on the beach. **I do things because I enjoy them** without making judgements about my performance.

Today, I invest in myself. I follow my dreams with hope and confidence. I am eager to conquer new challenges.

## **Self-Reflection Questions:**

1. How does accepting myself as I am help me to make positive changes?
2. What is one new thing I want to try today?
3. How would I describe my personal growth path?