

Personal Reflection Exercises...

I am confident in my abilities.



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I am the proud owner of a specialized skill set that can comfortably carry me through life.

In this shaky economy, I maintain job security. I am a good employee, but more importantly, **my abilities are an asset to my employer.** I have a roof over my head and quality food on my table. My perseverance and ability to confidently implement my skills maintain my high quality of life.

I can do anything I set my mind to. I am a warrior when it comes to achieving goals! I keep my eyes on the prize and summon my skills and knowledge to get the job done.

I am highly confident in my abilities. Nevertheless, I am only human. If my personal insecurities try to get the best of me, I quickly remind myself of my accomplishments. I am strong, independent, and unstoppable.

I am a leader in my career field, social circle, and family life. I pave the way to new ideas. I successfully take on

challenging tasks that make others cringe. And I triumph over any roadblocks that arise on my path.

My abilities carry me through anything. **I am undeniably a warrior of success!**

Today, I believe in my abilities. Over the years, I have attained many worthy accomplishments. I reflect on my triumphs, learn from my mistakes, and look forward to a bright future.

Self-Reflection Questions:

1. Did my valuable abilities develop through schooling or personal growth?
2. How can I emulate the achievements of successful colleagues?
3. Which major achievements am I most proud of?