

Personal Reflection Exercises...

I am passionate about my goals.



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My passion drives me forward to live the life of my dreams. ***I know what I want in life and I set goals to get me there.*** I know that each goal I achieve brings me in union with what I desire. I feel truly invigorated with each success!

Meeting a goal, no matter how big or small, strengthens my confidence and self-esteem. I enjoy these feelings and strive to receive them as often as possible.

Setting and achieving goals is a never-ending circle of positivity that fuels my passion even more. My passion encourages me to persevere over obstacles and it is replenished and increased with every goal I complete.

My passion enables my success. I use tools to ignite and refuel my passion on a daily basis, even when I face challenges that try to smother it.

My tools include affirmations to transform negative thoughts into positive ones, ***meditation*** to relax and rejuvenate my energy, and ***notes and pictures*** to inspire and remind me of my goals.

Today, I choose to feel inspired by my passions and let the excitement propel me forward to achieve my goals, regardless of any challenges that may arise.

Self-Reflection Questions:

1. Am I passionate about my goals?
2. Where can I find additional inspiration?
3. What task can I achieve today to fuel my passion and get me back on track toward my goals?