

Personal Reflection Exercises...

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When I set a new goal, I try to think of anything I can do consistently, on a daily basis, to help me achieve it. Then I use mental cues, affirmations, and meditation to help me create that habit.

If the new goal is a positive character trait, like greater confidence, ***I strive to exhibit that attitude daily.*** I create affirmations that remind me that I am a winner and I visualize conquering challenges with ease.

Soon enough, I realize that my habits have led me to my goal.

If I wish to become a philanthropist, I share my good fortune daily with those less fortunate, even if it is in very small amounts. The habit of automatically exhibiting this generosity catapults me to my goal.

If I wish to fund something like a new car or a vacation, I get in the habit of automatically putting away bits of money daily, like dropping all my change into a jar or strictly paying cash for my purchases

to avoid overspending. These thrifty strategies become habits in a short time that help me reach my goal.

I use this strategy for every goal I set.

Every time I reinforce the habit, I strengthen it, which brings me closer to my goals!

My goal, today, is to create a new habit to help me maintain an optimistic attitude, no matter what. Every time I find myself with a negative thought, I can repeat a positive affirmation to replace it.

Self-Reflection Questions:

1. Do I rely on habits to give me an automatic push toward my goals?
2. What can I do consistently to help me achieve my latest goal?
3. What strategies can I use to help me reinforce those actions into a habit?