

# Personal Reflection Exercises...

## I do as I think.



### **I do as I think.**

My thoughts, whether positive or negative, directly affect my actions and decisions.

For example, if my mind is convinced that there is nothing I can do to lose weight, I subconsciously serve myself larger portions. In turn, my hopeless thoughts inhibit my weight loss efforts and, therefore, force the number on the scale to remain the same or even rise.

***I am a master at spotting self-sabotaging thoughts,*** and order an immediate stop to any negative thoughts that may hinder my success in any situation.

I know that I do as I think, so I let go of my insecure thoughts before I make important decisions.

***I am capable of achieving anything I set my mind to.*** It may be scary to try something new, because there is always a chance of failure. But there is also always a chance at success, and that is what I choose to focus on!

In most situations, success depends 50% on mindset and 50% on effort.

By forcing my mind into an *"I can do this"* mindset, I open the avenue to perseverance and increased effort in all situations. Therefore, I substantially increase my probability of success!

***When my thoughts take a turn for the worse, I quickly remind myself of my accomplishments.*** Since I do as I think, my mind is my strongest ally when I have a positive mindset.

Today, I remind myself that I am an accomplished individual. I have strong assets that I skillfully use to build a better tomorrow.

### **Self-Reflection Questions:**

1. What are my strongest positive personality traits?
2. Has my insecurity stopped me from achieving goals in the past?
3. How can I increase my level of confidence?