

Personal Reflection Exercises...

My goals drive me toward new heights of success.



My goals drive me toward new heights of success.

Every time I achieve a goal, I get closer to my dreams. ***My goals are realistic, and I enjoy meeting them easily.*** They make me happy and help fulfill my life, both personally and professionally.

I reach new heights of success because I set goals that take me there. When I create detailed and achievable goals, I succeed much more easily. Achieving my goals brings joy into my life and allows me to relax and enjoy my free time.

Setting goals is important to me. I consistently plan new objectives when I meet my old ones. By working smartly, I get a lot done and find that I can move forward faster than I thought possible. I am proud of my goal setting abilities and my success.

Every day, I take action to move toward my goals. My goals help keep me focused on what I really want to do with my life. My life goals are broken down into smaller steps for each day.

I know success is in my future because I meet my daily goals. I move forward all the time. Each goal I achieve brings me closer to the life of my dreams. As I succeed, my confidence soars and I move comfortably into a joyful, happy future.

Today, I intend to plan detailed goals that I can incorporate into my daily routine, knowing that this action will bring me closer to the life I desire.

Self-Reflection Questions:

1. What actions can I take to better meet my goals?
2. What goals am I willing to work for each and every day?
3. Have I created detailed and achievable goals to set myself up for success?