

Personal Reflection Exercises...

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When I make a resolution, I use a strategy for success that works every time. It enables me to live my life without the fear of consequences or failure.

Before I commit to a resolution, I ensure it is achievable. If so, I make a detailed plan and take action every day. This way ***I can be sure of success with all my resolutions.***

If I want to make a resolution for something that takes further education or skills, I research how I can make this possible, and then take action.

After careful planning and clearly defining tasks, it's critical to take action. When I focus on implementation, I am continually making progress.

It reminds me of the joke about the man who prayed and prayed to win the lottery. One day he received an answer back, "*Do me a favor. Buy a ticket!*"

So I make it a point to take appropriate action every day to facilitate my resolution. Without action, nothing happens! ***With action, everything is possible!***

If my resolution involves things like eliminating bad habits or initiating good ones, ***I invoke the power of positive affirmations and self-talk to help me make the right choices.***

I constantly remind myself about my strong desires for change. Doing so enables me to fight temptation and make smarter decisions.

Today, I intend to better myself by creating a plan for success with a resolution that is achievable and realistic.

Self-Reflection Questions:

1. Do I make a detailed plan of achievable tasks?
2. How can I use affirmations to help me make the right choices?
3. Do I take action every day to bring me success with my resolutions?