

I achieve my goals

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When I set a goal, I achieve it. I act on my intentions and bring my dreams to life.

I clarify my priorities. I would rather succeed at one goal than become overwhelmed by tackling too many projects at one time.

I track my progress. I ask others for feedback. I set interim milestones that help to keep me on track.

I build my confidence. I review my past victories. Each accomplishment creates positive momentum. **I know that I am strong and resilient.**

I tell others about my plans. I feel more accountable when I make my goals public. I am more likely to stick to my diet if others know I am trying to lose weight.

I remember my purpose. Having a clear picture of what I want to achieve drives me forward.

I reach out for support. I let my family and friends know how they can help me. I accomplish more when I collaborate with

others. We reinforce each other's efforts and celebrate our victories.

I remain patient and persistent. **I set realistic timelines that help me to avoid stress and enhance my credibility.** I identify likely barriers and develop strategies for overcoming them. I focus on sustainable outcomes rather than quick results.

Today, I commit myself to achieving my goals. I create habits that bring me closer to what I want out of life.

Self-Reflection Questions:

1. Why is it important to write down my goals?
2. How do I deal with naysayers who discourage me from pursuing my dreams?
3. How do goals help me to learn and grow?