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I am energetic and ambitious. I set specific goals. **I know what I want out of life.** My vision and priorities are clear. I put my targets into writing and keep them in the front of my mind. I take action and measure my progress.

I persevere through obstacles. I remember that life is full of ups and downs. I control how I respond to situations. When I experience a setback, I develop alternative strategies.

I take risks. I embrace change and learn from experience. **I dream big and try new things.**

I collaborate with others. I build a strong network of support. I reach out for encouragement and assistance. I welcome constructive feedback and use it to my advantage. I appreciate the power of teamwork.

I continue to learn and grow. I add to my knowledge and skills. I take courses online or at my local university. I read books and travel. I talk with others about their areas

of expertise.

I limit distractions. I turn off the television unless there is something specific that I want to watch. I check my messages at designated times instead of watching my phone throughout the day.

I take time out to relax and have fun. I enjoy the journey.

I remember my purpose. I focus on the reasons behind my activities. I trust my instincts and follow my passions. I make decisions that align with my core values and beliefs.

Today, I pursue my personal definition of success. I have courage and commitment. I am excited about my opportunities and confident in my abilities.

Self-Reflection Questions:

1. What does success mean to me?
2. Where do I find inspiration?
3. What makes me unstoppable?