

Personal Reflection Exercises...

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I set goals for myself so I can stay focused and driven on my life-long journey to success. Positive goals surround me in every aspect of my life. Whether it is my continual education, spirituality, career, or finances, ***my well-crafted goals push me further than ever before.***

Goals are essential to me because they offer me a sense of achievement. When I set a specific goal and complete it, I feel purpose. Setting a specific time period to complete my goals allows me to work at them over time as I build momentum. Once I complete a goal I feel a great sense of accomplishment.

Setting and completing goals propels me forward. ***My goals allow me to accomplish more in life.*** Once I set one goal and meet it, the feeling I get pushes me forward in my entire life. In doing so, I gain the power of passion and motivation which gives me the confidence to accomplish anything I set my mind to.

My goals give me a meaningful purpose, which inspires and motivates me. This motivation helps me enhance my

weaknesses and strengthen my strengths. And in completing each goal, big or small, I feel a sense of pride and happiness that uplifts me in unimaginable ways.

Self-Reflection Questions:

1. What goals do I currently have in my life?
2. How do my goals motivate me?
3. How do I feel when I complete a goal?