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I believe in myself and my abilities. I understand my values and clarify my priorities. I know where I want to go and what I want to achieve. My goals are specific and concrete. They guide my daily decisions. **I build the life I want.**

My motivation comes from within. I put forth consistent effort. I make it a point to go outside of my comfort zone.

I resolve any obstacles that get in my way. I keep my purpose in mind. I bounce back from setbacks and disappointments. I learn from experience and try out new strategies.

I minimize distractions. I focus my attention and schedule my time. I limit screen time and idle conversation. **I devote my resources to activities that are rewarding and enriching.**

I seek support. I accomplish more by collaborating with others. I search for mentors and partners. I share constructive feedback.

I enjoy close relationships. I spend time with

my loved ones. I talk about my feelings and aspirations. My family and friends love and understand me. I feel nurtured and cared for.

I excel at my job. I take initiative and generate new ideas. I demonstrate a positive attitude. **I focus on solutions and produce results.**

I give back to my community. I find satisfaction in serving others and supporting worthy causes.

Today, I pursue my definition of success. **I live an authentic and meaningful life.** I reach my goals and have fun along the way.

Self-Reflection Questions:

1. How do I evaluate my progress?
2. What would I say if I was writing my performance evaluation for the past year?
3. How can lifelong learning help me to become more successful?