

# I create my reality

## **I create my reality.**

Everything is possible when I decide to make it happen. I am committed to my vision of a better future.

**I am creative and innovative.** I see things differently. I believe in positive outcomes. I always approach problems with an optimistic attitude. I see opportunity in every situation.

I am willing to give it my best shot. I dare to try something different.

I am committed. I know that if I commit to something, I can achieve it. **I use my creativity to solve problems and find solutions.**

I can create whatever I want out of my imagination. I believe in the power of positive thinking. I believe that we create our realities.

**I look to the future with optimism and excitement.**

I am persistent. When I slip, I learn from my mistakes and keep going.

I have faith in myself. **I have faith that I can succeed.** And when what I want seems to delay, I dust myself off and try again.

I have a burning desire to change my circumstances.

## **Today, I pursue my goals with enthusiasm.**

I have the resources necessary to reach my goals. I am prepared to accept responsibility for achieving my goals. I hold myself accountable for my actions. And I ask for help when I need it.

## **Self-Reflection Questions:**

1. What action can I take today to take personal responsibility for my reality?
2. How can I stretch myself beyond my comfort zone to improve my life?
3. What can I do today to acquire the energy, strength, and perseverance to reach my goals?