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I know that persistence is the key to living the life of my dreams. **Quitting is the only way I can fail.** I refuse to quit on any important goal. I adjust my approach until I am successful.

Throughout the ages, persistence has allowed ordinary people to do extraordinary things. I know I can do amazing things, too.

Persistence is the ultimate determiner of success. I can overcome any limitation with enough effort and commitment. I am able to persevere.

I can easily list all of my goals by memory. Knowing my goals is the first step to persisting. When I know my goals, I know what matters. I review my goals daily. Keeping my goals fresh in my mind constantly renews my persistence.

The life I want to live is crystal clear in my mind. Any time I consider giving up, I return to that image. It revives my spirit and motivates me to continue.

The image I hold in my mind is my destiny.

I refuse to permit anything to stand in my way. I am able to overcome any obstacle through my sheer will.

Today, I stay focused and determined. My commitment is at its highest level. I am determined to be an example of persistence. I persist until my goals are reached.

Self-Reflection Questions:

1. When have I given up too soon? What would have happened if I had not quit?
2. What are my biggest challenges right now? How am I demonstrating persistence to overcome these obstacles?
3. When I quit, why do I quit? What is my thought process for making that determination?