

# I prosper

## **I prosper.**

I am a resounding success. I feel happy and fulfilled. I make choices that align with my values. I set compelling goals and strive to reach them. **My life is meaningful and rewarding.**

I manage my time. I set priorities and plan my days. I block out time for the activities that matter. I limit distractions, like watching TV and browsing online.

**I cultivate warm and mutually supportive relationships.** I count on my family and friends for encouragement and constructive feedback. My victories feel more special when I share them with my loved ones.

I take care of my body and mind. A nutritious diet and regular exercise keep me physically strong. Faith and positive thinking make me resilient.

I bounce back from disappointments and persevere through obstacles. I learn from experience. I hang on until I reach my objectives.

I create opportunities. I take initiative. I can

make any situation work to my advantage if I am creative and flexible.

**I pursue my own definition of success rather than comparing myself to others.** I am comfortable being authentic even if it means doing things differently. My motivation comes from within.

I take action. I make my dreams a reality. I break big projects down into smaller steps. I venture outside my comfort zone. I move ahead even when I feel doubtful or fearful.

Today, I am committed to working hard and achieving more. I give thanks for my blessings and enjoy sharing them with others. I am thriving.

## **Self-Reflection Questions:**

1. How can I evaluate my progress?
2. What is the relationship between consistency and success?
3. Why is it important to love what I do?