

# My goals are achievable

## **My goals are achievable.**

Each of my goals is within my ability to achieve. I have very high expectations for my life, but I ensure that the goals I set are achievable. **I know that I can accomplish anything I set my mind to.** My goals are achievable and believable.

I can accomplish any goal I set. I am able to achieve goals that are outside my current skillset, because I am willing to learn whatever is necessary to be successful.

I am adaptable. I am like a chameleon. I can become whatever I need to become in order to ensure my success.

I have a plan that brings me closer to my goals every day. **I make progress each day toward my goals.** Even the tiniest amount of progress is enough to ensure that my goals are achieved, as long as I consistently move forward.

I am willing to do all the work necessary to reach my objectives.

I have positive expectations. I fully expect to achieve every goal I set. My goals are

achievable, because I believe they are achievable. I have the highest possible level of confidence in myself. I am an incredibly capable person.

Today, I am committed to making progress toward my goals. **I am taking a step toward achieving each of my goals today.** I am certain that my goals are achievable.

## **Self-Reflection Questions:**

1. What are my goals? What am I doing each day to achieve them?
2. What skills do I need to develop to ensure that my goals will be achieved?
3. Do I have doubts about my ability to achieve my goals? What can I do to address these doubts?