

I AM THE AUTHOR OF MY DESTINY.

I have the ability to determine what becomes of my life. With every decision I make and every action I take, I write on the pages of the book of my life.

I become what I do. Therefore, I only do the things that bring me closer to where I want to be. Who I become is the result of the sum of my actions. ***The outcome of my life is a direct result of the decisions I make today.***

It is up to me to achieve my dreams. Hope alone lacks the power to bring my dreams to fruition. ***When my actions join hands with hope, I am unstoppable!***

To stay in control of my destiny, I start out with baby steps. One small adjustment each day gets me one step closer to my goals. I am patient when progress is slow, keeping the end result in mind. The sweet taste of success is my fuel.

Self-reflection helps me improve areas where I am weak. I confront my weaknesses with a plan for change. Absent from fear, I use my imperfections as a trampoline from which I bounce back higher than before.

I stay the course, even when discouragement abounds. Regardless of the past, I begin to steer my life in a new direction today.

The harder things get, the more determined I become. I am deeply committed to my goals and I pursue my aspirations with steadfast resolve.

Today, I choose to enjoy the journey by celebrating my progress. I embrace my life with joy and a positive attitude. I look forward to the future I am creating for myself.

SELF-REFLECTION QUESTIONS:

1. Where would I like to see myself five years from now? Ten years from now?
2. What do I need to do to get to where I deserve to be?
3. How can I align my actions with my dreams?