

EACH DAY I VISUALIZE MY GOALS.

Although my plans can change from month to month or year to year, at any given time I have several goals I want to accomplish. Because my intentions are important to me, I keep them on my mind. ***I do many things to help me focus on my goals each day.***

I might place a picture on my cell phone of a new car I'm saving for. Or I may use a photo of somewhere I want to visit as my wallpaper on my computer.

I place a book about a goal on the coffee table in my living room. As I drop my leftover change into my money jar at the end of the day, I think about the vacation I am saving for.

These small and seemingly insignificant actions are really quite important. They remind me of my goals. I want to think about my intentions at some point each day.

Placing reminders around me helps me to visualize my goals. Because I am constantly reminded of my aspirations, I work more diligently every day to achieve them.

Sometimes I close my eyes and imagine having achieved each of my goals. I think of my next vacation or test-driving the car I plan to buy. Visualizing my goals and dreams helps me live a fulfilled life.

Today, I renew my efforts to contemplate and visualize each of my goals every day. I ponder more ways that can help me maintain my focus on bringing my dreams to life.

SELF-REFLECTION QUESTIONS:

1. How important are my goals to me? Are they worth a little bit of my time each day?
2. Do I think about my aspirations every day?
3. What can I do to set up my daily routine so I will be constantly reminded of my goals?