

I KEEP GOING.

Instead of wishing for my life to become easier, I wish for the courage to see things through. ***I believe in the power of perseverance.*** I keep working toward my goals until I fulfill my dreams.

I overcome obstacles. Challenges make me try harder. Tackling a complex project helps me to become wiser and more skillful.

I adapt to changing circumstances. If my initial strategy becomes outdated, I develop alternative approaches. If I am starting to feel stale in my current job, I seek new opportunities.

I learn from my mistakes. I can turn any experience to my advantage if I am willing to learn and grow.

Disappointments turn into victories when I hold fast.

I renew my motivation. I remember my purpose for joining a gym or signing up for a training program at work. I focus on the end results. I create intermediate goals that give me a sense of accomplishment along the way.

I remain upbeat. A cheerful attitude lightens my load.
***My tasks become a game that I want to keep playing
instead of a burden that I want to avoid.***

I update my objectives. My definition of success
evolves along with my abilities and ambitions. I reach
higher each day.

Today, I put forth maximum effort and go the
distance. I know that I am strong enough to succeed.

SELF-REFLECTION QUESTIONS:

1. What does perseverance mean to me?
2. What is one movie or book that inspires me to press on?
3. Why is it important for me to keep going until I fulfill my commitments?