

I COME PREPARED.

I want to maximize my opportunities. Being ready for challenges and setbacks allows me to accomplish more. I plan my strategy and set my priorities. ***I think positive while I lay the groundwork to deal with delays and obstacles.***

I gather my resources. I draw upon my education and training. I strengthen my skills. I stock up on the equipment and tools required for any task.

I build connections. Collaborating with others extends my capabilities. As my personal and professional network grows, my options expand.

I take care of my health. Eating a nutritious diet, exercising regularly, and getting enough sleep give me the energy I need to work hard.

I prepare myself financially. I create a household budget so I can track my income and expenses. I save for my children's college education and for my own retirement.

I prepare myself psychologically. ***Anticipating changes keeps me flexible and resilient.*** I feel more at ease when I rehearse for job interviews or keep my pantry stocked for snow days. I encourage myself to take risks by focusing on what I have to gain.

I prepare myself spiritually. I know that I can rely on my faith during tough times. ***By praying and meditating each day, I train myself to see clearly during stressful events.*** My peace of mind remains stable during job lay-offs or hospital stays.

Today, I show up prepared. I know what I want to do and how to do it. I set my plans into motion and make conscious choices.

SELF-REFLECTION QUESTIONS:

1. How does being prepared boost my confidence?
2. How do I balance being prepared and being spontaneous?
3. What can I do today to prepare for tomorrow?