

# *I am worthy of my dreams*

## **I am worthy of my dreams.**

I have big dreams and I expect to achieve these dreams. I have earned the right to expect great things to happen in my life. If I do my part, I know I can achieve my goals and expectations.

**I deserve for good things to happen in my life.** I am considerate of others and treat everyone with the respect they deserve. I am a loving friend and family member. I have the best interests of others at heart.

I do the work each day necessary to deserve success. I work hard and with focus. **I am clear on what I desire and do the work required to make my dreams a reality.**

I have big goals and expectations that are congruent with my abilities.

I review my goals regularly and allow myself to get excited at the prospect of achieving them. **I have detailed goals and plans to make them happen.**

I am deserving. My strengths and skills are sufficient to achieve my dreams. I am motivated and capable. I am worthy of my

dreams.

Today, I remind myself of why my dreams are appropriate for the person I am becoming each day. I have the confidence needed to be successful in the pursuit of my goals.

## **Self-Reflection Questions:**

1. What are my biggest goals and my plans to achieve them?
2. Am I willing to do the work required to be successful in achieving my goals?
3. What steps do I take each day to make my dreams a reality?