

I focus on results

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Results matter to me. I keep moving forward. I know that small steps add up to big progress.

I seize opportunities. I stay alert so I can spot possibilities. I turn challenges into occasions for transformation and renewal. I build my confidence up each time I overcome a difficult situation.

I set achievable goals. ***I aim for targets that I can reach.***

I develop action plans. I break projects down into manageable parts. I gather resources and budget my time.

I measure my performance. ***I know the difference being productive and just being busy.*** I choose worthwhile activities where I can make an impact.

I leverage my strengths. I pay attention to my feelings so I can recognize the activities that give me a sense of flow. I look at the big picture and choose areas where I can make a contribution.

I team up with others. I nurture and expand my network. I show others that I care about them by sharing my time and expertise. I ask for help when I need it.

I minimize distractions. I turn off the TV and limit my time online. I keep my eye on my priorities.

I devote myself to learning and growing. I am excited about gaining new knowledge and skills. When I complete a task, I ask myself how I can do it better the next time. I enjoy beating my last record.

Today, I hold myself accountable and deliver significant results. I create positive changes in my life.

Self-Reflection Questions:

1. How can I stay motivated on long-term projects?
2. How would I describe the results I produced today?
3. In what ways does my attitude affect my results?