

I take the stairs

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I put forth effort and make each day count. I climb to success by taking the stairs.

I work hard. I know that my health and wellbeing are important. I am willing to invest in myself. I put my talents to use. I have the courage and confidence to aim for targets that require me to move out of my comfort zone and stretch my skills.

The victories that I struggle for give me more satisfaction than those that come easily.

I stay focused. **I keep my eye on the end result.** I think of the heights I can reach and the gains I can achieve.

I move around. An active lifestyle keeps me strong and fit. I exercise on a regular basis and work more steps into each day. I burn calories and tone up my muscles.

I take things one step at a time.

Big projects seem more manageable when I break them down into smaller stages. I can reach the top of the tallest staircase or

complete a challenging project by focusing on one task at a time. I stay on course even when I cannot see the entire staircase.

I reach my goals with commitment and determination.

If elevators and escalators break down, I rely on my own power. Instead of giving up or making excuses, I find an alternative route to fulfilling my dreams. I avoid shortcuts that can delay my progress.

Today, I understand the wisdom of taking the stairs. I start at the bottom and move towards higher ground, one step at a time.

Self-Reflection Questions:

1. Why is success like a staircase?
2. What does stepping up mean to me?
3. What motivates me to work hard?