

# My life is what I make it

## **My life is what I make it.**

I am in charge of my life. The choices I make shape my experiences.

I identify my purpose and set priorities. I listen to my heart and figure out what makes me feel alive. I determine my destination and the legacy I want to create. I put my values into action.

**I manage my time.** Planning my day allows me to block out hours for my most important projects. I pay attention to the task at hand and cut down on distractions like watching TV or browsing online.

I continue learning. I acquire more knowledge and expand my skills. I try new things. I move outside my comfort zone and experience the thrill of discovery. I embrace change. My confidence and abilities increase as I adapt to new circumstances.

**I cultivate close relationships.** I extend my hospitality and stay in touch with coffee dates and phone calls. I listen to what my loved ones have to say and I share my true feelings.

I hold myself accountable. I focus on what I can control. I take responsibility for the outcomes of my decisions.

**I keep my mind and body in peak condition.** I am prepared to seize promising opportunities because I stay strong and resilient.

I set goals and make plans for achieving them. I move forward one step at a time.

Today, I follow my own wisdom and pursue my passions. I recognize my worth and go after what I want. I take charge of my life.

## **Self-Reflection Questions:**

1. Why does happiness come from within?
2. Why do I sometimes give my power away?
3. What is one thing I can do to feel more empowered?