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I am excited about the opportunities that exist within each moment. I greet life with curiosity and enthusiasm. **I make my own luck and jump on the chances that come my way.**

I bond with my family. A drive to the local shopping mall can provide an opening for discussing financial responsibility with my teen daughter. Family dinners can create a regular channel for keeping each other updated on our lives.

I make new friends. I reach out to newcomers at work or the gym. I invite them out for coffee or share some helpful tips.

I build my confidence. Each time I tackle a challenge, I become more certain of my abilities. I discover that I can dance or tile a bathroom floor.

I learn new things. I spend my free time reading books, taking online courses, and practicing my hobby. **I enjoy acquiring more knowledge and skills.**

I advance my career. I volunteer for assignments at work that test my abilities and broaden my expertise. I accept public speaking invitations and attend networking events.

I train my body. I lift weights to build my muscles and go running to keep my heart healthy. I increase my flexibility and range of motion with stretching exercises.

I strengthen my faith. I meditate and pray. My spiritual beliefs guide my daily decisions.

Today, I capitalize on each moment. I enjoy rewarding adventures as I take advantage of the opportunities a single moment can bring.

Self-Reflection Questions:

1. How does asking questions help me to recognize opportunities?
2. How can I tell if an opportunity is consistent with my core values?
3. What can I do to attract more promising opportunities?