

Goals motivate me

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Goals give me something to strive for. I am excited about making positive changes in my life.

I make concrete plans. I decide what I need to do and when I need to do it.

I start small and aim high. I take baby steps at first. Each victory builds my confidence. I know that I can tackle bigger things. My ambitions grow. I prove to myself that I am capable and strong.

I gather feedback and support. I ask others for their comments and advice. I phone a friend when I need a pep talk or a sounding board.

I strengthen my commitment. I think about how my goals align with my values. I visualize how working towards them enriches my life.

I remain flexible. When my goals elude me, I come up with alternative plans.

My goals give me a sense of direction. I know where I am heading and the

milestones I need to reach along the way. I take charge of my life instead of drifting along or reacting to outside events.

My goals encourage me to be persistent. I enjoy each stage of the journey. I keep going even when I encounter obstacles.

My goals challenge me to be creative. I work smarter so I can beat my own record. I create conditions that help me succeed.

Today, I keep my purpose in mind. I love the satisfaction that comes with reaching each of my goals.

Self-Reflection Questions:

1. Why is it helpful to write down my goals?
2. Why is it important to track my progress?
3. What makes a goal compelling for me?