

# My habits lead to goal achievement

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My decisions determine my ability to achieve my goals. I practice habits that build me and make me successful.

I spend a lot of time reading because it produces knowledge and makes me conversant. Professional opportunities are more attainable when I am aware. Keeping abreast of the news allows me to prepare myself for global change.

Exercise clears my mind and allows me to focus on work. **When I release the stress of yesterday, I am able to concentrate on resolving the challenges of today.**

I know that my diet is a crucial part of achieving my fitness goals. Planning meals on the weekend allows me to stay on track towards fitness. It prevents me from falling into the trap of eating unhealthy meals.

Balance is essential to coping with competing aspects of my life. Although I like to get things done quickly, **I am diligent about making time for relaxation.**

A body that is relaxed feels ready to take on

the world.

Scheduling time for study is easy for me because I focus on my upcoming graduation day. Zoning in on the mission at hand ignites the desire to put first things first.

Today, I practice positive habits that help me achieve my goals. I realize that taking this approach results in less difficulty in my life. Goals are more straightforward and simpler to achieve when I put myself in the position to achieve them.

## Self-Reflection Questions:

1. How do I keep myself from developing unhealthy habits?
2. Where do I turn when I need guidance on how to solve a challenging situation?
3. What are some of the biggest challenges that I have been able to overcome?