MY LIFE OVERFLOWS WITH Blessings

My life erupts with blessings like lava out of a volcano. I have been given much more than I could ever need. When I look around me I see that not only are my needs met, but I also have a surplus of things that I enjoy.

I wake up every day thankful for the health of my body. There are countless harms in the world, yet I enjoy life. It humbles me to think about the miracle of life; **to have been chosen to live this very moment makes it unmistakably clear that my life has purpose!**

Relationships are my greatest blessing. I feel fortunate to have friends and family who care about me and seek me out. Whenever I am alone, I know that I can call someone to meet with me or simply listen to me on the phone. Having people to count on makes me feel blessed.

I appreciate my blessings because they are beautiful gifts. My blessings carrying me through my struggles and lift my spirits.

My worst day is still a good day when I am determined to be glad regardless of my situation. I enjoy peace when I look beyond negative situations to the positive outcomes that follow. For every negative situation, there is a greater lesson to be learned.

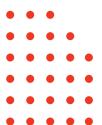
Today, I choose to look at my life through the eyes of gratitude and rejoice in my circumstance. I see the blessings all around me and look for ways to share them with others.

Self-Reflection Questions:

1 What am I thankful for?

2 Do I exhibit a grateful attitude?

3 ► How can I share my blessings with others?





—— I SHOW UP ——

Showing up is my key to success. I know what I want and I go after it.

I participate fully in life. I am determined to be ready when opportunity knocks.

I remember my purpose. I practice self-discipline. Even if I am tired or down in the dumps, I make a commitment to stay on track. I stir up my motivation by focusing on the reason behind my actions. I savor the satisfaction that I feel when I do a job well.

I manage my time. I set priorities so I can attend to the activities that really matter to me.

I put forth effort. I give myself credit for my hard work regardless of the results. *I regard myself as a winner as long as I keep practicing.*

I create momentum. Taking a first step makes it easier to take the next one. I persist through obstacles and delays.

Showing up gives me a chance to move on to greater victories.

I hold myself accountable. I take responsibility for my choices and the way I respond to challenges. I refuse to put things off. I plan ahead and stay on top of my to-do list. *I pile up accomplishments instead of excuses.*

Today, I let the world know that it can count me in. I master the art of showing up.

Self-Reflection Questions:

- 1 How do I define showing up?
- 2 Now does showing up help me to discover more opportunities?
- **3** ▶ What is one area of my life where I want to show up more fully?





THE MORE I LET GO OF *Unrealistic Expectations*, THE BETTER I FEEL

By letting go of the tendency to compare myself unrealistically to others, I equip myself for greater happiness and productivity.

Everyone's journey is different. The point a person is at in his pursuit of his goals means nothing if I don't consider where he started and all the factors that have played into his progress.

Some people will appear to be ahead of me, and some behind. *Everyone progresses at his own rate, affected by many issues.*

I let go of the desire to place myself on a scale with others and, instead, look at how far I have come as the only accurate measure of my progress.

Not only will I be at a different point in the journey from anyone else, I may even be on a completely different road! *I am equipped for the unique journey my Creator has intended for me*.

I let go of the need to pine after someone else's talents or successes and focus instead on recognizing and developing my own. I free myself from the expectation to be something I was not equipped to be.

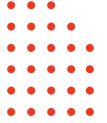
I wouldn't put a cat in a pasture

and expect her to herd sheep! It doesn't suit her, and it would be a complete waste of my time to try to train her to do something so foreign to her nature.

In the same way, I strive to discover my own talents and develop those skills, recognizing that no one excels at everything. I excel the most when I accept who I am and strive to develop my full potential.

Self-Reflection Questions:

- 1 Do I recognize my own strengths?
- 2 Am I wasting time and energy trying to be someone I wasn't equipped to be?
- 3 How am I developing my strengths and talents?





MY Mindset CONTROLS MY REALITY

The mind is a powerful thing. My mind can be my biggest ally, accelerating my desired results, or my worst enemy, hindering my outcome.

My mind is selective in its choices. When I am feeling confident and prepared, my mind advises me to push through, regardless of difficulties, because I have the tools to succeed. However, when my thoughts are driven by fear, my mind convinces me to avoid the risk.

I am certain that **my mindset controls my destiny.** I can choose to settle for whatever I can get in a timid mindset, or thrive and reach my fullest potential by keeping positive thoughts.

The choice is easy. I choose to reach my fullest potential!

Success is a matter of mindset. Mind over matter is the name of the game! By turning my confidence into high gear, I place my mindset in a positive zone. This allows me to strategically plow through my challenges.

I let go of negative thoughts and consciously maintain a positive mindset. Not only does this give me a confidence boost, but it also allows me to shine in situations where others typically allow their insecurities to inhibit their results.

My positive thoughts motivate me in all situations. Because I am in a nonstop "I can do it!" mindset, I gracefully overcome hurdles that are set in my path.

Today, I remain focused on my goals by maintaining a positive mindset. I believe in myself and I am free from the heavy chains of insecurity.

Self-Reflection Questions:

- Do I surround myself with positive people?
- Are most of my thoughts positive or do they revolve around fear and worry?
- Which far-fetched goals can I confidently chase with the help of my positive mindset?





MY Income is continuously increasing

I am blessed to have an impressive income that is increasing each month.

I am earning more money than I need.

As my income increases, I become even more confident in my ability to earn.

Making money comes easily to me. I continually find new income streams that add significant resources to my finances. There are thousands of ways to earn money, so I am confident I can make even more in the future.

My bank account is growing each day. It is exciting to watch my balance grow. I enjoy managing my finances.

I live a life of abundance. I am fortunate and grateful.

New opportunities to generate income are presented to me daily. My friends, associates, and even strangers, are a constant source of earning opportunities.

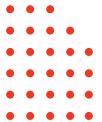
I am known as a person that can make things happen. As my reputation grows, I receive even more income-generating opportunities. My eyes are open to the possibilities that exist all around me.

The world is full of money. I am willing to do my part to earn my fair share. I am a money magnet.

Today, I know that small increases in income can grow into a large sum. I am looking forward to boosting my income today. My income is continuously increasing.

Self-Reflection Questions:

- 1 What is my primary source of income? How can I add to that income stream?
- 2 What financial opportunities do I have in my life right now?
- **3** ▶ What would I do if I had a high income?





SUCCESS GIVES ME MORE THINGS TO BE THANKFUL FOR

It is true that accomplishments make me happy, but they also make me thankful. **Success gives me** many things to express gratitude for.

Achieving my goals helps me to realize just how far I am able to push myself. I am thankful for the ability to push through difficult challenges in the pursuit of wonderful results.

Each day gives me an opportunity to appreciate my material gains. Although they have limited worth, they serve a useful purpose.

I avoid becoming conceited and proud when I attain more than my peers. It is a blessing to hit targets that I am able to use to help others. I value the chance to use my success for the betterment of someone else.

As I watch my achievements grow, I sit back in awe of my blessings. I recognize that taking them for granted is foolish and short-sighted.

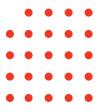
The things I achieve today are likely taken away when I forget to treasure them and give thanks. I am wise in my approach to the goodness that I am fortunate to receive. *Each expression of gratitude makes room for new rewards and triumphs.*

Today, thankfulness lives in my mind and frequently falls off my tongue. Being grateful is the remedy for conceit and self-centered actions. More blessings on my plate result in more gratitude and continuation of the cycle of goodness in my life.

Self-Reflection Questions:

- In what ways do I use the good things in my life to offer help to others?
- How am I able to help others achieve their own measures of success?
- How readily am I able to identify occurrences as blessings?





Flexible Thinking INVITES SUCCESS INTO MY LIFE

Keeping an open mind gives me power to face daily challenges. I increase my resilience. I am more productive and feel less pressured. When I am willing to adapt to new conditions, I continue to make progress even when unexpected situations come my way.

My relationships with others strengthen when I am less rigid. When I abandon the desire to have everything my own way, I can see things from the perspective of others more clearly.

This willingness to experiment is very helpful in forming new and better habits. I examine the way I have always done things and look for different options.

I am free to enrich my future rather than being stuck on old routines.

I love the feelings that accompany my mental suppleness. A great sense of ease comes over me when I accept situations as they are and work to make them better. My energies are devoted to producing positive solutions.

I can do this in any context so I know I can be happy and productive anywhere. This builds my confidence.

Today, I go forth with the resolution to keep an open mind. I view my daily routine from a fresh perspective and look forward to experimenting with alternative ways of managing my personal life.

Self-Reflection Questions:

- In what situations have I come out ahead because of my willingness to be flexible?
- What circumstances make it easier (or more challenging) for me to use flexible thinking?
- Who are the individuals in my life that are good role models of flexible thinking and what can I learn from them?





I CHOOSE TO REMAIN Steady

Life is full of surprises. I choose to remain calm. Whatever circumstances arise,

I keep working towards my goals.

A peaceful mind makes it easier for me to think creatively.

I am confident in my ability to persevere. I can face adversity and use it as a learning opportunity. Challenging situations are inevitable. More importantly, demanding events often contribute the most to my growth so I welcome them and the benefits they bring.

While some events are beyond my control, I focus on the things I can manage. Proper preparation helps me to live a more orderly life.

The positive attitudes I cultivate in quiet times stand ready to assist me when the going gets tougher. I face issues head on in order to resolve them promptly. I keep myself healthy and resilient.

Great achievements take time and effort. I value the ability to be patient.

I get better with practice. Being disciplined and consistent brings me closer to getting what I want out of life.

Today, I resolve to peacefully adapt to changing situations. I take whatever comes my way and use it to become happier and more content. I give myself credit for every hurdle I cross, and I prepare for future challenges by living a purposeful life.

Self-Reflection Questions:

- 1 Have I created a plan of action for addressing potential obstacles?
- 2 What practices enrich my peace of mind?
- 3 Am I consistent in striving to achieve my life goals?





I AM CREATING A New Path FOR MY LIFE

I am leaving my history behind and looking straight ahead. The past is unable to weigh me down because the future is tugging at me with the powerful force of expectation. **The more I allow myself to hope for the future, the easier it is for me to overcome my past.**

There is a new melody in my heart, a new song coming forth from within as I embark on my journey. The rest of my life lies before me as I hold the pen in my hands and begin to compose the lyrics to the new song of my life.

My path is taking me to all the places I dare to dream about. I can go anywhere and do anything I desire in the deepest places of my heart.

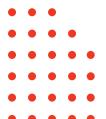
When I encounter a wall in front of me, I find a way to get around it. *My steadfast determination is undeterred by difficulties.* The tougher the road gets, the harder I press on.

The choices I am making today cause me to burst with new life. My life, my children's lives, and the lives of those around me are forever changed because of my courage to stand up for myself and take charge of where I am headed.

Today, I choose to see my future through the eyes of my Creator, instead of my own eyes. I rise above what I previously thought of myself. I transcend whatever challenges lie in my past. I see myself as a person full of potential and destined for greatness.

Self-Reflection Questions:

- What do I want to do differently from my parents?
- 2 Who can help me start over?
- **3** ▶ What great things would I like to accomplish?





MY SUCCESS IN LIFE IS MY Responsibility

The responsibility for my success lies squarely on my shoulders. The choices I make and the paths I choose determine the outcome of my experiences.

I make thoughtful choices because I avoid rushing into major decisions.

I experience professional success when I make the most of my job opportunities. I focus on gaining experience and making myself more marketable. I see the benefits of my diligence paying off when I am able to secure the job of my dreams.

One of my strengths is that I am proactive. *I pursue lucrative opportunities, rather than sitting back waiting for them to come to me.*

When something goes awry in my life, I refrain from blaming others. I know that I can only be impacted by the things that I allow into my life. I avoid pointing the finger at someone else when I know I control my own destiny.

I know there are times when a situation upsets me. However, I use unfortunate circumstances as encouragement. They push me to rebuild a positive outlook.

Today, I commit to being responsible for the journey I decide to take in life. **When I awake each morning, I prepare to take the path that leads to success.** I am dedicated to using each new day as a stepping stone to achieving my goals.

Self-Reflection Questions:

- When do I need the most help with making decisions?
- How do I handle success when it is unexpected?
- What outside influences help to frame my opinion on the meaning of success?





MY Dreams ARE ONE OF MY TOP PRIORITIES

While I have many responsibilities, my dreams are always a top priority. *I realize that dreams are what make life worth living.* It is easy to get caught up in day-to-day responsibilities, but I always remain aware of my dreams.

I regularly schedule time to work on my dreams. I know they require time and attention to come to fruition. Each day, I spend at least a few minutes making my dreams become a reality.

My dreams are worthy of my time.

It can be easy to become sidetracked, but I always remember to focus on my dreams.

At work, I use spare moments to remind myself that my dreams are important. I especially like to use the time while I am driving to reflect on my dreams. I review my goals and create plans that enable me to achieve them.

I surround myself with people that support and respect my dreams. Life is too short to allow anyone else into my life.

My environment is supportive of my dreams as well. I am certain that my dreams are coming true.

Today, my dreams are one of my top priorities. I realize that everything else exists to support my dreams. Making my dreams come true is up to me and I am up to the challenge.

Self-Reflection Questions:

1 What are my dreams?

2 What do I need to do to make my dreams become my reality?

3 What is standing in my way of making my dreams a priority?





I AM MORE THAN A Survivor; I AM A Conqueror

My goal is greater than to simply get through my days. My desire is to conquer each and every moment!

I do more than just enough to keep my head above water; I swim the waters of life with all my might toward the shore of my destiny.

My long-term dreams are clearly placed in the forefront of my thoughts. Daily, I set out to make progress toward my goals, driven by my passion. *Passion is the key that unlocks the door to my dreams.*

I prepare myself in advance for challenges. I have a plan of action in the event of an emergency. In the face of a difficult situation, I know how to survive. Armed with a plan and a will to fulfill my vision, *I can endure any storm*.

I have the strength within me to complete my daily tasks. I am equipped to handle all that comes my way with absolute grace and poise.

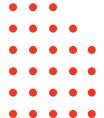
In order to be a conqueror, I am changing my perspective. *I refrain from complaining about my workload*. Instead, I choose to be grateful for the ability to complete it. The mundane routine of everyday is an investment in my future, rather than a burden.

My positive attitude and my new perspective help me live a life of joy. A heart filled with gratitude and joy is what makes the difference between living in survival mode and being a conqueror.

Today, I choose to get past completing the basics and become a conqueror. I embrace an appreciative perspective and allow passion to be my strength.

Self-Reflection Questions:

- 1 What changes can I make to my perspective in order to appreciate my life?
- 2 How can I shift out of survival mode?
- **3** What drives my passion?





Determination IS IMPORTANT TO ME

One quality I am glad I possess is determination. Determination, to me, is the ability to go forward with a fixed idea of what I can accomplish.

My determination pushes me to get things done, plow through unsavory situations, and eventually achieve my goals.

When I am confronted with a challenge, I tell myself, "I know I can do this" and then I do. Determination carries me through trials and tribulations. When I begin to struggle, I feel something inside of me "shift gears." Then, I am in determination mode.

I put my emotional strength and brain power into the situation and push forward to reach the finish line for the goal at hand. Each time I achieve a goal, no matter how small, my capacity for determination increases.

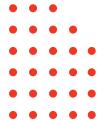
If it were not for determination, I am not sure where I would be now.

I can say without hesitation that my sense of purpose in life is largely fueled by my level of determination. In any given day, I am presented with people, issues, and situations that test me in some way. Resolving things in everyday life can be achieved, as long as I recognize the importance of my determination.

Today, *my determination surrounds me*. I am thankful that determination guides me to the results I desire in life.

Self-Reflection Questions:

- 1 How determined am I to accomplish things in my everyday life?
- What prevents me, if anything, from having the determination to reach my goals?
- What can I do each day to strengthen my determination?





Prosperity SURROUNDS ME

When I wake up in the morning, I see what is all around me and I feel prosperous.

I live in a home that I have made my own. My favorite books are stacked nearby. My change jar sits atop the bedroom dresser. Even though it contains only pennies, nickels, dimes, and quarters, the change piled in that jar signifies a type of prosperity to me.

Upon opening the closet door, my favorite colors jump out at me and I smile.

The comfortable stuffed chair in my living room waits for me each day. I enjoy my favored beverage there in the evenings. I might snuggle down to browse a magazine.

Listening to the music I love on my MP3 player or watching a movie on television is like taking a miniature vacation.

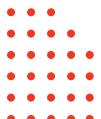
Signs of prosperity are found everywhere in my world.

I discover prosperity in the most unexpected places. In the kitchen cabinet, I find a package of the most decadent cookies. I have cream in the refrigerator for my coffee this week. I can enjoy a Saturday lunch with a cherished friend.

Today, I am more aware of my prosperity as I develop greater appreciation for it. **Recounting the small joys in my everyday life helps me to see the prosperity that abounds all around me.**

Self-Reflection Questions:

- Am I able to recognize and appreciate the prosperity in my life?
- How can I ensure that I consistently take note of the prosperity that surrounds me?
- What can I add to my life to enable me to feel more prosperous?





I AM LIVING THE American Dream!

As I think about my life, I reflect on the journey I am experiencing with a smile on my face.

Somehow, I always manage to see the brighter side of the picture, no matter what challenges come my way.

Due to my perseverance and upbeat attitude, *I am becoming a highly successful individual*. I have a loving family, promising career, and beautiful home.

My family is my reason for getting up in the morning. I am raising beautiful, intelligent and caring children. And I am also blessed with a beautiful and devoted spouse. I can overcome my home and family challenges with grace by keeping my eye on the big picture.

I live in what I consider to be my dream home. Our home meets my family's needs and is very comfortable, while my neighborhood is friendly and safe.

My marriage is undeniably filled with love. Yes, we disagree from time to time. But we work out our disagreements with a smile and consideration for the other's point of view. I wake up alongside the person of my dreams each morning and I am as happy as I can be.

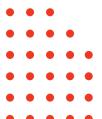
My career is exciting and fulfilling. I rejoice in my successes, knowing that they are the fruit of a lifetime of labor. I know that I am accomplishing great and worthwhile things with my life.

I am living the American dream. My life is filled with abundance, love, and peace.

Today, I stop wishing for more and realize that I am content with all that I have. I choose to enjoy and live in the present, perfect moment.

Self-Reflection Questions:

- 1 Which one goal have I always deemed unachievable?
- 2 How do I plan on attaining this goal?
- 3 ▶ Are there any areas of my life in which I can improve? How?





I TAKE Charge OF MY LIFE EACH DAY

My life is my own, and I am the master of it. Answering to others about how I live my life is unnecessary. *I answer only to my Creator and myself.* Others may not agree with me, but I am at peace with that.

I love my life and I know that I do good things with it that help others and myself. No matter what my challenges might be, I have good things in my life, both now and in my future. I can overcome anything that comes my way.

I accept my limitations because I know I can do all things through faith, strength, and belief. **Each day I move forward and control the direction my life is taking.** I know I am capable of keeping the reigns over my life.

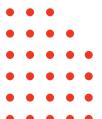
I am proud that I take charge of my life each morning. Relinquishing control over my life is not an option, because taking charge of my life brings me peace and keeps me happy. I feel great joy in taking charge of my life and seeing my dreams and goals come to pass. My life matters!

It is a blessing to know that my life has value not only to myself, but also to others. Through my own positive attitude and joyful experiences, I help to bring joy to others who need love, courage, and guidance. People who see me take charge of my own life are inspired to take charge of their lives.

Today, I take charge of my destiny and move forward with my life in the direction I wish to go.

Self-Reflection Questions:

- 1 1. What can I do to stay peaceful when things don't go my way?
- 2 > 2. How can I keep control over my life?
- 3 > 3. What can I focus on to ensure I stick to my goals?





Wealth IS MEASURED BY HOW Peacefully I SLEEP AT NIGHT

When I think about an ideal existence, I focus on experiences instead of things. Experiences can put a true smile on my face and make me content.

Knowing my family is safe allows me to feel at ease. Their well-being is my top priority. I check up on them throughout each day and remind them that I am here to support them. Being a rock is one of my greatest roles in this life.

I sleep peacefully at night when I am able to spend time with my friends. Our sense of togetherness is strengthened each time we hang out together.

Knowing that there are people with whom I am able to be myself gives me a sense of peace. I feel free and unrestricted, thanks to my close relationships. And that helps me to love myself as I am.

Material possessions provide temporary joy, but that joy fades once the novelty of the purchase wears off. I prefer to spend on adventures that are forever etched in my mind.

Having memorable experiences to run through my mind at night contributes to a peaceful night of sleep.

Today, I feel like the richest woman in the world because I prioritize matters of the heart over material possessions. My nighttime sleep is satisfying because I stay away from focus on worldly things and concentrate on what brings me joy.

Self-Reflection Questions:

- What else do I do to ensure that I sleep well at night?
- How much of an impact does a comfortable work environment have on my peace of mind?
- How do I know when I need some time away from my regular routines?





TODAY IS FILLED WITH Opportunity

Each day is unique and provides unique opportunities. The key is to keep my eyes open for the vast possibilities each day presents.

I have all the opportunities I need to accomplish everything I desire.

Opportunities are constantly presented to me. I do a great job of noticing these opportunities. There are so many that I sometimes miss a few here and there, but I recognize the vast majority of them.

There are more possibilities presented to me than I could ever use or need. I am so thankful for such an abundance of opportunities to accomplish anything I can imagine.

When opportunities seem scarce, I know I am just failing to notice them. I take comfort in the knowledge that this ability is totally under my control. I remind myself to pay attention and keep my eyes open. As soon as I do this, I quickly see everything I have been missing.

Opportunities are easy to spot if my attention is focused on identifying them.

I can easily look at my life and see all the opportunities that have passed by me. While some might be regretful, I find it motivating to look at them. It reminds me that opportunities are constantly presented to me.

Today, I am open to new and existing opportunities. I am in tune with my environment. I know that today is filled with opportunity and I am committing to making the most of it.

Self-Reflection Questions:

- What are the three biggest opportunities I have missed in my life? Why did I fail to notice them or act upon them?
- What are the three biggest opportunities in my life right now?
- Where can I look for more opportunities?





I FIND A WAY TO BE Successful

I believe there is always a way to be successful. Success is like solving a puzzle. There is always a solution. I am excellent at solving the puzzles I face in my life. I know that there is a solution, and I am able to find it.

I can see through self-doubt and obstacles to find a solution. Self-doubt can be limiting, and I refuse to allow it in my life. *I am confident in myself and my abilities.* I find a way to be successful.

Each difficult task or goal provides many opportunities to quit, but I persevere. Finding a way to be successful requires stamina. I have the physical and mental stamina to battle for success each day. I am an unstoppable force.

I use my intelligence to boost my chances of achieving success. I determine the skills I am likely to need to be successful and learn those skills.

I am clever and use my cleverness to my advantage. I can see three moves ahead. This gives me a great advantage over my competition.

Today, I am determined to be successful. I have an open mind that can see the easiest path to success. *I always find a way to accomplish my goals and overcome my challenges.*

Self-Reflection Questions:

- What is my greatest success to date? How did I accomplish that success?
- What is the greatest limitation to my future success? What can I do to eliminate or minimize this limitation?
- Regarding my current obstacles, what are some possible solutions that I may be failing to consider?

