

# External obstacles are no match for my inner strength.

I have the confidence and creativity to find solutions and I take action no matter what challenges may seek to block my path. My handy tools - affirmations, positive self-talk, and meditation - are like weapons that help me defeat any obstacle.

***I use affirmations to help me build effective habits and attitudes.*** Good habits make good choices easy and automatic. Confidence and an optimistic attitude can get me through just about anything.

***Using positive self-talk throughout my day boosts my confidence.*** Whenever I do something well, I congratulate myself. When I reach even the smallest goal, I celebrate my accomplishment. When I make a mistake, I remind myself that I am human and seek to learn from it and move on, unaffected by the delay.

When I come upon an obstacle, I ask myself how this challenge can help me. When I find a way to continue toward my goal, my positive self-talk encourages me to take decisive action.

***Meditation also helps me build my inner strength*** and instills in me an unstoppable motivation to attain the life I desire. I envision myself living my dreams. In these dreams, I also feel the pride of accomplishment that comes only from overcoming challenges.

Overcoming challenges creates a cycle of strength, too. ***Seizing a victory over my obstacles makes me even stronger*** and builds even greater confidence that I can defeat the next one.

Today, I choose to meet my challenges head-on with confidence, creativity, and the can-do attitude that keeps me moving forward.

## **Self-Reflection Questions:**

1. Do I waste time bemoaning challenges, instead of taking action to overcome them?
2. How can I encourage myself to become action-oriented?
3. Is my inner dialogue with myself positive and uplifting, or negative and berating?