

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?