

I conquer my challenges.

I am able to overcome my challenges with ease.

I vanquish all obstacles in my journey to happiness and fulfillment. I use the help from my friends and family to accomplish this. I also rely on my inner strength and courage to fight.

I create goals that help me overcome any challenge.

I use my talents and skills to plan strategies that destroy obstacles. I understand it takes several steps to eliminate a challenge. However, I am able to persevere.

I rely on my brain power, experience, and support network to discover solutions that can conquer my challenges.

I have the inner and outer strength to find success. I have the ability to make any challenge a distant memory.

I believe I can achieve any goal in front of me. I know I have the power and strength to battle against any obstacle. I enjoy ongoing success and benefit from my accomplishments each day.

I find the inspiration I need to see past my challenges.

I use my resources in smart ways to make obstacles disappear. I know who helps me, and I acknowledge their contributions. I know what to do next, so challenges are minor and unable to stop my success.

Today, I eliminate all the challenges in my path. I remove all the obstacles to my joy and success.

Self-Reflection Questions:

1. What can I do to prevent more challenges from appearing in my life?
2. How can I balance overcoming challenges with a healthy lifestyle?
3. Who can I reach out to for support as I fight a difficult challenge?