

The Journey to ME

*Unleash Your Potential with
Empowering Confidence*

Anchor ME Playbook





Publication Notice

Ann Rusnak - A R Success
Marketplace Strategies Inc.
16205 Chatfield Avenue
Cleveland, OH 44111
1-216-941-7059

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Unstoppable Success System

This program systematically changes your thoughts... your self-talk from negative to positive reinforcement by focusing on a single topic and a habit over 30 days.

IMPORTANT: I highly recommend you print the Anchor ME Playbook© and either spiral bound it or put in a binder.

Introduction



Every person is born with the desire to realize their potential... the greatness inside them. Every person naturally wants to become all that they are capable of becoming. It is our human nature to desire and realize our inborn possibilities.

The actual cause of success is something already with in you... the unique miracle of you. All you need to do is discover it... discover your inner me... your inner M.E

The **M**agical **E**ssence that makes you... **YOU!** Your inner **M**E is meant to shine, to sparkle, to achieve great things in life.

If success is already in you, why don't you have what you want?

If you don't have what you want it's because your subconscious holds contradictory intentions for you.

Your conscious and subconscious are in conflict with each other with not agreement between them.

When your conscious and subconscious are not in agreement, they produce negative emotion or negative energy.

The journey to discovering your inner ME starts with your thoughts. All those thoughts going through your head affect your habits, your choices, decisions and most importantly... **your belief system.**

**Watch your thoughts; they become words.
Watch your words; they become actions.
Watch your actions; they become habits.
Watch your habits; they become character.
Watch your character; it becomes your destiny.**
~ Unknown

One Small Step Can Change Your Life



My coach introduced me a very effective success principle called Kaizen. It comes out Japan and is one of the keys to steady improvement and innovation found at successful companies such as Toyota.

"Kaizen is one of those magical concepts that is a philosophy, a principle, a practice, and a tool all at once."

Kaizen roots are found in the two thousand-year-old wisdom of the Tao Te Ching--
"The journey of a thousand miles begins with a single step"--

Kaizen is the art of making great and lasting change through small, steady increments. Those small tiny increments/steps add up to a big quantum leaps.

Here is the neat thing about the Kaizen approach, it **bypasses the fear mechanism that your brain often triggers.** Your brain finds change "scary" because the idea of change can be overwhelming. Overwhelm causes emotional paralysis and burns you out.

Your brain doesn't perceive tiny steps as anything threatening.

Steps for Unstoppable Success uses the Kaizen approach to gently make the changes in your thinking, your actions and your habits.

Remember Kaizen... baby steps... avoid overwhelm. Consistency is the key.

21 Self-Worth Affirmations

You begin to uncover your inner treasure through the repetition of positive messages.

The affirmations were selected to help you see and believe in your self-worth. Keep watching and saying those affirmations over and over.

Every day for the next 21 Days, you will focus on one affirmation per day. Read the Personal Reflection associated with the affirmation and answer the three personal reflection questions.

The personal reflection exercises help to reaffirm the affirmation.

Day 1 - This year I do the mental work for positive change

Day 2 - I rise above all limitations

Day 3 - I have the power to make changes

Day 4 - I am my own unique self

Day 5 - I am willing to see my own magnificence

Day 6 - I trust the intelligence within me

Day 7 - I have unlimited potential

Day 8 - I love and accept myself

Day 9 - I accept all parts of myself

Day 10 - I am a Yes person

Day 11 - I freely express who I am

Day 12 - I think and speak positively

Day 13 - I treat myself with unconditional love

Day 14 - I am a harmonious being

Day 15 - I am good enough

Day 16 - I love being me

Day 17 - I am worth loving

Day 18 - I am perfect exactly as I am

Day 19 - I am a natural winner

Day 20 - I create wonderful new beliefs for myself

Day 21 - I love myself totally in the now

This year I do the mental work for positive change

This year I do the mental work for positive change

When I am rested and at peace, I can sit and enjoy the calm feelings that flood through my mind. By focusing on myself in the moment, my body and mind can enjoy the rewards of self-reflection.

I am able to think about the things I have accomplished and the things that I want to do. When I get the chance to reminisce about how fortunate I am and how fulfilling my journey has been, I feel a sense of happiness in my heart. Even with the challenges, ***I can truly say that my life is wonderful!***

My mind is healthy. I am rejuvenated and inspired to do even more with my life and I engage my mind to remember the lessons I have learned so far. There are no regrets and I would not change a thing about my journey.

However, I continue to look for change in myself because we all need to grow and adapt. I am prepared to be in charge of how I run my life so I take the time to reflect and look for ways to improve.

I only lean on others when I must. I am self-contained and confident in the power that is within me. I find peace knowing that ***I am worthy of anything that happens to me.*** I make a point not to live in the shadows, but to live life with precise thought about where I am going and where I want to be.

Personal Reflection Questions:

1. How can I continue to grow and adapt?
2. What actions will I take to make a positive change in my life?
3. What do I need to do to sustain me on my journey?

I rise above all limitations

I rise above all limitations

I have everything I need to overcome my challenges. I am smart enough to find the solution and become more insightful with each passing day.

I can create brilliant solutions that resolve my challenges as quickly and easily as possible.

My determination is the stuff of legends. I am persistent and see solutions through to completion. I laugh in the face of challenges and they soon disappear.

I am wise. I have the wisdom to determine a positive course of action regardless of the circumstances. I am highly intuitive and guided by a higher power.

I am open to all the possibilities and regularly tap into my higher self. I recognize that the answers are right in front of me.

My past success in overcoming obstacles provides me with the confidence to know that I can handle new challenges as well. Challenges are learning opportunities and I welcome new knowledge. I am grateful for my challenges; they help me to grow.

I am successful, and successful people are great at finding solutions. I am pleased with my victories and look forward to many more as I conquer new challenges.

Today, I am excited to be in search of a brilliant solution for a current challenge. I can overcome any hindrance and move past it with exuberance. I am a positive force in the universe.

Personal Reflection Questions:

1. What is my greatest challenge right now?
2. What resources do I have to apply to a solution?
3. How can I use these resources to overcome my challenge?

Day 2 -Personal Reflection Answers

I have the power to make changes

I have the power to make changes.

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 reins over my life.

I am proud that I choose to make changes in 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.

Personal Reflection Questions:

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

I am my own unique self

I am my own unique self.

The fact that I am the only person on earth with my very own “mix” of qualities brings me great joy. No one else walks just like me or thinks the same things I do. I am unique. The wonder of being my own person amazes me.

I love certain things about my personality. I have a good sense of humor. I am a hard worker. I do what I say I am going to do. The way I approach life is impacted by these personal characteristics and I can express myself through my own custom set of choices and actions.

It gives me great solace to know that others accept me for who I am.

Even though I have an unmatched sense of self, I am also in pursuit of self-improvement. Still, it is wonderful to be an individual.

Being my own person enables me to live the life I desire.

Communicating with others allows me to experience their individuality and to also share a part of myself. As I reflect on these exchanges with others, I realize the pride and satisfaction I feel regarding my uniqueness. ***I am glad to be me.***

Today, I intend to reflect on all of my personal qualities, especially those I am most proud of. Acknowledging who I am as an individual contributes to my overall happiness and compels me to embrace life with more passion.

Personal Reflection Questions:

1. How do I feel about myself as an individual? Do I enjoy being my own person?
2. Which personal qualities am I the most proud of? Why?
3. What can I do to embrace my idiosyncrasies?

I am willing to see my own magnificence

I am willing to see my own magnificence.

I am thankful today for the abundance of gifts in my life. Not the least of these are my natural abilities and aptitudes. Whether I have many or just a few of these, I make sure to put them into service. It brings me joy to use my natural talents.

Each day, I have an opportunity to do something at which I am innately good. I see every one of these situations as a blessing. Not only do I get to feel good about myself and my abilities, but I get to offer the fruits of those gifts to others.

Perhaps I am good at organization and my neighbor is frustrated over her own lack of skill in this area. I can certainly be helpful there.

Or maybe I paint or sing well, and can offer the results of my artistic abilities to others.

Perhaps the thing I do best is cook. Surely someone I know could use a

hand with this! I feel good each time I have a chance to help.

Also, doing the things I am good at helps me connect with people who value those skills. Whether they have similar or different talents, they appreciate my abilities. Sometimes, I can learn something from them. At other times, I may have something to teach.

I feel valued by others when I use my talents, and this is worth a lot to me!

Today, I choose to use my innate abilities in every opportunity. I seek out situations in which they would be helpful to others. And I gladly share my knowledge about them. Using my natural talents brings me so much joy!

Personal Reflection Questions:

1. What am I naturally good at?
2. When was the last time I had the opportunity to use these talents?
3. How do I feel when others recognize or are pleased with the results of my efforts?

D trust the intelligence within me

I trust the intelligence within me.

At every opportunity, I expand my intelligence and intuition. I am naturally inquisitive and constantly learning; this quality ensures that my intelligence continues to grow all the time.

Answers come to me easily and at the right moment.

I am a genius and a master at what I do! I am quick to expand my level of knowledge. The intelligence of the universe is available to me at any moment and I am open to this vast reservoir of knowledge and wisdom.

Infinite intelligence is at my beck and call. Through the internet, books, recordings, television, exploring other cultures, and more, I discover new ideas, thoughts, and beliefs.

My mind is a sponge, soaking up new knowledge as I explore the universe through many mediums.

When I make a mistake, I am quick to learn what I can from it. Then, I forget the mistake and move on. I am free from making the same mistakes twice. I learn quickly and then apply my knowledge. This is a way of life for me.

The wisdom I seek can always be found within me. I can tap into a divine source of wisdom anytime I desire. Today I bless myself by accessing that divine wisdom.

Today, ***I am in tune with the knowledge that exists all around me.*** I am blessed to have such a high level of intelligence; I use that intelligence to help others and myself.

Personal Reflection Questions:

1. What makes my intelligence exceptional?
2. What mistakes have I made recently?
3. What did I learn from my mistakes?

I have unlimited potential

I have unlimited potential.

I know that the universe is vaster than anyone can comprehend.

This means that there are more possibilities available to me at any moment than I could ever count.

This means that anything is possible for me.

I accomplish great things in my life and know I can enjoy even greater achievements. ***The key is recognizing that anything is possible.***

I can achieve whatever I want.

I can have what I desire.

I can choose any career that pleases me.

Everything is possible.

I can create. I can possess. I can imagine. I can see so many possibilities and know that they are within my reach.

When I am struggling for a solution, I remember that everything is possible. When I

remember that, I open myself up to discovering the solution I seek.

I remember the times in the past when I found a brilliant solution to a challenge. I find strength in those memories. They encourage me to seek new solutions now.

I remember that learning to walk and talk is much more challenging than anything else I could ever want to accomplish. I learned how to walk and talk, so everything else is also possible.

Today, I allow myself to be open to new opportunities and possibilities. I am free of believing that my options are limited. I know that an elegant solution exists. I know in my heart that everything is possible.

Personal Reflection Questions:

1. In what areas of my life do I feel confined and out of options?
2. Can I allow myself to believe that everything is possible?
3. How would my life and perspective change if I believed that everything is possible?

Day 7 -Personal Reflection Answers

I love and accept myself

I love and accept myself .

Even though I sometimes make mistakes, I am a great person. I love myself unconditionally and accept myself as I am. I make an effort to treat myself with kindness and respect. I deserve it.

I have qualities and talents that make me unique and special – unlike anyone else in the world. I have value.

I deserve to be loved. I love myself and am loved by others. I realize that being perfect is a fantasy. I am good enough as I am to be loved and accepted.

I recognize my strengths and talents and forgive myself for my past mistakes. I acknowledge that I am worthy and deserve all the good things in life. I am wonderful. I honor my best parts and freely share them with the world.

I allow myself to shine.

I am accepting of others as well as myself. It is only through acceptance that my potential can be fully realized.

I am my own best cheerleader. ***I welcome the support of others, but I have enough support even when standing alone.*** I am an awesome person and worthy of great things.

I accept all my faults and shortcomings. I am worthwhile.

Today, I give myself permission to be greater than my insecurities. I love myself totally and completely. I accept myself just the way I am. I am a fine person and deserve a good life.

Personal Reflection Questions:

1. What are some things I love about myself?
2. Do I fully accept myself?
3. How can I better love and accept myself?

Day 8 -Personal Reflection Answers

I accept all parts of myself

I accept all parts of myself.

Whenever I have a free minute, I like to mentally list all the things I like about myself. I am able to quickly and easily make a long list of my positive qualities.

Sometimes I surprise myself at how talented and gifted I am. ***I am truly blessed.***

I have a few characteristics I want to change about myself but I am still very content with who I am. I accept myself completely. I choose to focus on my positive features.

Loving myself can be challenging. I may even have doubts on occasion. But those doubts vanish as quickly as they arise. I am free from nagging doubt and concern. I love and accept myself the way I am.

I realize that flawlessness is impossible. After all, how boring would it be if everyone were perfect?

It is really my imperfections that make me perfect just the way I am! I love my unique qualities that make me special. I can do things others only dream about doing.

I find it easy to be accepting of myself because ***I am so accepting of others.*** I believe in the right of everyone to be unique and special, just like my individuality makes me special in this world.

Today, I choose to love myself and others in my life just the way we are. Love and acceptance are gifts that I give and receive each day.

Personal Reflection Questions:

1. What qualities do I love about myself?
2. In what ways do I need to be more accepting of myself?
3. How can I increase my acceptance of others?

I am a Yes person

I am a Yes person.

I have the ability to make a difference. I have skills, talents, and I am a good person. Most importantly, I *want* to make a difference. That fact alone makes it highly likely that I *can* make a difference.

I do things to make a difference each day. It is part of who I am.

The lives of my family and friends are better because I am part of their lives. I go out of my way to be there for them when they need me and make a regular habit of doing good deeds for them. It feels good to know I affect the lives of others in a positive way.

When I am faced with an injustice and feel too small to make a difference, I recall all the wonderful people from history that have made a difference by themselves. I can be the next Gandhi or Rosa Parks. I have the

same power to make a difference right now.

I think about all the things around me that could use improvement. ***I know that I am the one that can bring about change.***

I am a difference maker. I am unstoppable. I make a plan and follow it to completion. It is as good as done.

Today, I know I can make a difference in at least some small way. I remember all the differences I have made in the past and choose to make an even bigger difference today.

Personal Reflection Questions:

1. What are some ways I've made a difference in the past?
2. What can I do today to make a difference?
3. What is stopping me from making a difference?

I freely express who I am

I freely express who I am.

I have choices in all situations. Nothing stands between me and my highest good. I have only to claim it, and it is mine!

Being in the flow of my creative power each day is my birthright, so I am free to shape my own reality.

I trust myself to make good choices. This includes choices about my perspectives and responses. Life situations come and go, but my positivity about them is unwavering. In this way among many ways, I create my reality. At my very best, I see myself as a positive person. This highest vision of myself is manifest in each moment.

When I set my heart and mind on something, I trust that it is even now coming to pass. I know that I have infinite co-creative power in my own life. Whatever I want my reality to look like, I manifest in abundance. I am secure in my right to my own happiness.

When a situation turns out in a way other than how I desire, I know that something better is in its place. I am confident in this because I am constantly creating my reality and my reality is good!

My perspective on situations is always in my control, so I choose happiness and joy for myself.

Today, I am confident in my own co-creative power. And I use my abilities wisely. I am free to create my own reality, so in each moment I choose to create it in my highest good.

Personal Reflection Questions:

1. In the past year, have I successfully created a perspective that I wanted to have on a situation?
2. To me, what is the relationship between creativity and joy, bliss, or freedom?
3. How do I feel when I choose to shape my reality in a way that satisfies me?

I think and speak positively

I think and speak positively.

I choose to only allow positive thoughts into my life. Everything I do has purpose and meaning. ***I choose to make my life a positive experience.*** Each and every day is happy and joyful because I choose positive thoughts.

I see the value in being happy and peaceful. Love and joy are the kinds of things I focus on. I give these things to the world and they come back around to me. I find the good in every situation and choose to focus on those good things.

Negative people want what I have. They see that I have joy because my positive thinking is a choice I make. ***Each day I focus on thinking thoughts that give me energy and peace.***

I only focus on the good things in life. ***Because I focus on good things, I will continue to experience blessings.*** I view the world as a good place. Negative

things can happen, but how I look at them can put them in a positive light.

Happiness is freely available to me. Joy is always possible for me and it's available whenever I want it. ***Staying joyful is valuable to me.*** I choose positive thinking because I feel better about myself and about the world when I stay positive.

Today, I only accept positive thoughts into my life. I deserve happiness and that happiness is abundant when I choose positive thinking.

Personal Reflection Questions:

1. How can I stay focused on positive thoughts today?
2. What can I do to encourage others to stay positive each day?
3. How can I think more productively when I face challenges?

I treat myself with unconditional love

I treat myself with unconditional love.

Each day, I am tasked with one primary goal, from which all others come. This is to see to my own well-being.

In order to best be present for loved ones and for myself, I take good care of myself.

I listen closely to the signals my body sends me. If I am tired, I rest. If I am hungry, I eat. If I need a hug, I see about getting that need met.

I am confident that my body sends me all signs for a reason. So if I ever feel discomfort, I first look to my body to see if my basic needs are being met.

Emotions are teachers too.

If I am happy, I know that something is in place that feels right to me.

If I am sad, I know that I am experiencing some sort of loss or disappointment, and I respect those feelings because they are part of being human.

If I am angry, I know that my emotions are serving as a road map, telling me where to go.

Honoring all my feelings is crucial to taking good care of myself.

Today, I am committed to my own well-being. I listen to the signals inside of me to learn what is the best course of action for me. And I recommit in each moment to take excellent care of myself.

Personal Reflection Questions:

1. What is one thing I can do to take good care of myself today?
2. How do I feel when I am actively involved in self-care?
3. Is there something small I could add to my daily routine that would nourish me?

I am a harmonious being

I am a harmonious being.

I am a harmonious person. I have the characteristics that make me a winner in the eyes of others around me. My personality is my selling point, and it shines through in every situation. ***I know the value of living amongst others, and cherish their presence.***

When I am in the company of others, I feel enlightened. I know that at the end of the interaction I am bound to leave with positive memories.

Even when I face difficult situations with people at work or at home, I am convinced that I can help to bring out their positive attributes.

My family and social ties remind me that I am blessed to have external support. I acknowledge the worth of my family, friends and co-workers. People are drawn to me because they sense my openness to their presence and what they have to contribute.

In social situations, I make others feel welcome and integral. ***I strive to allow everyone to feel like a unique part of any gathering so they feel like they fit in.***

In my job, I use my personality to obtain the attention of others, then my character and moral foundation to gain their trust.

Today, I understand and appreciate that no man is an island. Some days can be tough, and my people skills help me to temper the effects of any storm. I commit to loving and respecting the individuality of others in my life.

Personal Reflection Questions:

1. How can I strengthen my social/people skills?
2. Am I ever considered to be overbearing in my interactions with others?
3. Do I respect others' needs for space or time alone?

I am good enough

I am good enough.

I am fundamentally a good person. I have character, compassion, and drive. Whatever I put myself toward, I am bound to eventually accomplish. And I am good to those around me.

In all ways, big and small, I am pleased with myself.

I am a person of character because I consistently act according to my beliefs. This is incredibly valuable. Those around me know that they can trust me. And perhaps more importantly, I trust myself.

When I apply myself to a task, I do my best work. I manifest motivation, patience, and perseverance. When I am done with the task, I sit back, look at my work and feel proud of my accomplishment.

I make it a point to nurture myself.

I do the things I love to do and pay attention to my needs. When I am tired, I rest. When I am hungry, I

eat. All of these things help contribute to my satisfaction with myself.

If those around me feel challenged, frustrated, or suffering, I am there for them. I can listen to them with a compassionate ear. I make space for their emotions and processes, and offer advice only when asked.

My counsel is valued by those around me.

Today, I am pleased with myself and recommit to living in harmony with my highest vision of myself.

Personal Reflection Questions:

1. What are some things I have done in the past year that I have been proud of?
2. In what situations in my life right now can I act with greater integrity?
3. How do I feel when I choose to act in harmony with my highest good?

I love being me

I love being me.

Life is good. I engage in the kind of work I choose. I relish in opportunities to spend time with the people I love. Each day seems like a new beginning for me. Of course, I realize that my life is less than perfect at times. Yet, even when situations occur that are out of my control, I am truly pleased to be me.

I actively work to accept my strengths and idiosyncrasies. ***I realize I am much more than my level of achievement at work or the number of personal relationships I have.***

I am unique and worthy. I am loved by my friends and family members. It is a comforting feeling to know that I am pleased with everything about myself.

Even though I experience situations when I stumble, ultimately, I recover from every taxing situation that comes along.

Being happy with who I am means I am consistently flexible in life.

Regardless of what happens to me, I successfully deal with it – I make it through. My self-confidence shines.

When people ask me about my secret to life, I tell them there is no secret. I share that I simply pursue whatever it is that is important to me. And that I take personal responsibility to live in ways that are productive, calm, and pleasing.

Today, I intend to write down all of the reasons I am happy with being me. I can rejoice in the knowledge of all the characteristics I love about myself. ***I feel blessed to be me.***

Personal Reflection Questions:

1. Am I truly happy with who I am?
2. What are the characteristics I love about myself?
3. What can I do to strengthen my self-confidence?

I am worth loving

I am worth loving.

I am a special person who deserves to be treated and as such. I have unique talents and strengths which are worthy of admiration, appreciation and love.

I am worthy of every blessing that comes my way.

There are times when I come into contact with people who feel it is necessary to put others down, but I avoid them like the plague. I stay far away from those who have an uncaring attitude and treat others with disrespect.

My heart is honest and sincere. I possess genuine care for those around me and I expect the same treatment from others.

I am royalty without a crown, regality without worldly riches.

When I encounter people who have negative things to say about others, I encourage them to desist. I remind them that everyone comes from the same Creator. Those reminders reveal to others that ***they are as small or as large as they make everybody else feel.***

Today, I set high standards for how I should be treated because I know I am beautifully made. I know that my Creator brought me into this world to shine rather than cower. I choose to shine and expect others to appreciate my light.

Personal Reflection Questions:

1. Are there times when I look down on others?
2. Do I have days when I feel less worthy than I know I am?
3. Do I give positive examples to my peers about how to treat those around them?

Day 17 - Personal Reflection Answers

I am perfect exactly as I am

I am perfect exactly as I am.

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.

Personal 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?

Day 18 - Personal Reflection Answers

I am a natural winner

I am a natural winner.

I find that success comes to me rapidly and with great ease. I

know that success is the result of having a positive mindset as well as aggressively pursuing opportunities. I consciously take advantage of both of these attributes.

Every little success breeds greater success and my capacity for success increases with each passing day. That capacity is free of limits. Success is my natural state, so this makes sense for me.

My success is widespread. At work, I am well respected and admired by my peers. I contribute significantly and reap the rewards.

I am successful in my social life. People like me and want to be around me. I am a good friend and have many good friends as a result. My social life is full and satisfying.

At home, I am good partner and parent. I take pride in excelling in this role and enjoy much success with it.

I am successful at life. ***I move through the world easily and find success at every turn.*** I build on my previous successes and use my mistakes as learning opportunities so I am always improving and evolving. Being successful is my natural state.

Today, I seize every opportunity to be successful. I naturally expect success and enjoy an abundance of it. Life is good. I work hard, show my love for others, and allow success to be a natural part of my life.

Personal Reflection Questions:

1. What are my greatest successes?
2. What new success do I want to experience?
3. What have I learned from my mistakes?

I create wonderful new beliefs for myself

I create wonderful new beliefs for myself.

I recognize the impact my beliefs have on how I feel and behave. Believing something about a situation determines how events progress. What I think and feel about another person affects how I relate to that person. My beliefs in myself determine how I perform.

However, I can choose what I believe. ***If I want to see a situation differently, I have the power to do so.***

My beliefs are particularly important when I am relating to others. If I believe a person has certain qualities, then I assume I know how they think and act. But when I change my mind about someone, I see the person differently, often for the better. I am free to determine what I believe about someone.

My beliefs about myself determine my level of confidence. Whether I am beginning a new project, attending a social event, or

experiencing changes in a personal relationship, ***how my life progresses is largely determined by what I believe.*** And I am blessed with the power to change how I see things.

Knowing I can change what I believe brings success into my life. Inside myself, I make a decision about what I think is true. But if I observe factors that do not coincide with my beliefs, I change how I view other people and situations based on this new information.

Today, I plan to embrace my power to change my beliefs. I can alter those beliefs that ultimately result in less than ideal situations, relationships, or behavior.

Personal Reflection Questions:

1. Do I have the power to change my beliefs?
2. What is a particular assumption that hinders me?
3. How can I create more success by accepting my power to change my beliefs?

I love myself totally in the now

I love myself totally in the now.

I let go of perfection, knowing that it is an impossible goal. Instead, ***I embrace the goodness of who I am - faults and all.*** After all, only my Creator is perfect!

I set my personal growth goals to specific, measurable levels that I know I can accomplish. I take realistic steps that lead to attainable goals. This way, I know I am getting better and better all the time. With each step I take, I am learning and growing, but I don't have to be perfect.

I am happy with myself. ***I know that most of the time I do my best and I forgive myself for sometimes doing less.*** After all, no one is perfect, and that's okay.

When I make a mistake, I admit it, do what I can to correct it, and learn from it. I realize that making mistakes is a natural part of being

human. Rather than beating myself up about it, I move forward with no regrets.

I live in the moment. The past is done and the future is yet to come. What we have now is the present. *This moment* is what is real and I am a part of it. I am grateful for every precious moment and relish its possibilities.

Today, I plan to live life to its fullest, to enjoy each and every moment for what it can bring me, and I throw off the trappings of trying to exhibit perfection. I am what I am and that's fine with me!

Personal Reflection Questions:

1. In what ways do I strive for perfection?
2. Am I happy with myself?
3. Do I stress out about the past or future, or do I enjoy the reality of living in the moment?

