



# Anchor ME Playbook



*Chart Your  
Destiny*



**Publication Notice**

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# Chart Your Destiny ~ Your Self Worth

*You are the perfection of \*God's creation and the creation of God's perfection. That alone makes you a worthy person. God created you successful.*

You come into this world with self-worth. As a creation of the God (universe), you bring worth, which cannot be taken from you.

Self-worth comes from Self. Your worth doesn't come others. Your self-esteem, self-love and self-confidence comes from you.... It's not call "Other" worth but Self Worth.

People often interchange the word value and self-worth... there is a difference.

## **Worth:**

The quality of a person that lends importance, value and merit. Quality that commands esteem, respect and moral excellence. As a creation of God, you come into this world with self-worth. No one can take it away. It's always present even if you don't see it.

Self-worth is important to your ultimate happiness.

## **Value:**

That which is rendered desirable or useful... highly regarded.

Developing and sharing your inner treasure, releasing your inner gifts, to improve and enhance the lives around you adds value to what you do.

Your net worth and self-worth are interconnected. If you don't see yourself as worthy person, you'll dismiss your talents and gifts. You won't feel like you bring value to what you do.

You can't lose your self-worth, but you can lose sight of it. You can forget your worthiness.

No one can really take your worth away from you. It's always there but you may not see it, feel it or acknowledge it. It could be hidden under layers of false beliefs and false messages. Buried under years of negative crud but your worth is still there... waiting for your awareness.



**Think of your self-worth like a treasure chest.** The treasure chest is worth something... even an empty treasure chest is worth something. Even if the chest is battered and weather worn... it's still worth something. Just because the chest exists, it's worth something. It is not worthless.

Let's take it a step further... Suppose somebody smashes the treasure chest and shatters it into a thousand pieces. The pieces of wood are still worth something.

Those shattered pieces may represent your pain, hurt, your inner beauty and your uniqueness.

Feelings of unworthiness and inferiority get their beginnings very early in your life. They take root during the time your brain receives crucial and permanent impressions through negative programming.

It begins with a misinterpretation when you're told you're a bad girl or bad boy. When in reality it was your actions that were bad... not you as a person. Unless someone points out this difference you begin to identify you with your actions.

You need to **start unlinking your actions from your true essence.**

### ***What Matters Most is How **YOU** See Yourself***

Low self-esteem hides your self-worth from you. It's hidden under a pile of negative garbage so you can't see it. Your belief system leaves you feeling unworthy.

**It is important and critical** you recognize your innate worth. Your ultimate happiness and sense of well-being virtually depend upon it. Understand when you recognize your innate worth, you'll to strive to fulfill your potential.

Your treasure chest, just like mine was, may be buried under years of false messages and negative programming

You don't come into this world with an empty treasure chest. Everything you need to experience success and happiness, God put in your treasure chest.

Acknowledging and owning your self-worth may feel very uncomfortable at first.

**Your inner critic will do it's best to keep you aligned with your false belief system about your worthiness. You have my permission to yell at your inner critic... tell it to shut up... call it liar... call it out.**

## **Anchoring Your New Positive Messages**

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

Keep reciting the positive messages in this playbook to counter your inner critic.

**Every day for the next 21 Days**, you will focus on one affirmation per day. Read the Anchor ME© text associated with the affirmation and answer the three inner reflection questions.

Throughout the day keep repeating the affirmation.



# Chart Your Destiny

## Anchor ME Affirmations

1. I am the author of my destiny.
2. My life goals are clear to me.
3. I reach my destiny through positive energy.
4. I slay procrastination with my unstoppable mental strength
5. Persistence keeps me focused when progress towards my goals seems slow.
6. I let go of my tendency to expect perfectionism from myself.
7. I let go of perfectionism and pressure.
8. Meditation corrects my vision.
9. The time to go after my dreams is now.
10. Meditation helps me to set intentions for each day.
11. There is enough time and space for everything I want to do.
12. I appreciate small successes that lead to greater goals.
13. Fun times bring balance to my life.
14. My alone time opens me up to my true self.
15. I give myself time to do whatever I want each day.
16. I find time for things that bring me joy.
17. I use my time alone to reflect and recharge.
18. Each day, I take time to enjoy the moment.
19. My choices today support my goals for tomorrow.
20. I have all the time I need.
21. I have the power to reach my goals.



## *My life goals are clear to me.*

When I keep my life goals in my mind each day, I am more focused on achieving them to create the life I want to live. I determine how my actions connect to a larger goal.

***I want to spend my precious time working towards the things I want to accomplish in life.*** I periodically revisit my goals to ensure that I am on the correct path. My goals sometimes change. I reflect and try to anticipate my dreams for the future.

On the first day of each month, I review my life goals. This makes them seem more real, and it enables me to keep my eyes on the prize. ***Obtaining all the things I want in life hinges on my ability to remain focused.***

When I know my goals and keep them at the forefront of my mind, my days are more fulfilling as well.

I am able to let go of unimportant issues. If something I am spending a lot of time on conflicts with my overall goals, I reconsider whether to continue focusing on it.

Today, I clarify everything I want to achieve in life. ***When my goals are clear, I am more likely to continue working to reach them.*** I feel empowered because I know what I want to accomplish.

### **Inner-Reflection Questions:**

1. What are my top three life goals?
2. How often do I reflect on the things that I wish to accomplish in life?
3. What steps can I take to ensure that my life goals are in my thoughts each day?



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# *I am the author of my destiny.*

I have the ability to determine what becomes of my life. With every decision I make and every action I take, I write on the pages of the book of my life.

I become what I do. Therefore, I only do the things that bring me closer to where I want to be. Who I become is the result of the sum of my actions. ***The outcome of my life is a direct result of the decisions I make today.***

It is up to me to achieve my dreams. Hope alone lacks the power to bring my dreams to fruition. ***When my actions join hands with hope, I am unstoppable!***

To stay in control of my destiny, I start out with baby steps. One small adjustment each day gets me one step closer to my goals. I am patient when progress is slow, keeping the end result in mind. The sweet taste of success is my fuel.

Self-reflection helps me improve areas where I am weak. I confront my weaknesses with a plan for change. Absent from fear, I use my imperfections as a trampoline from which I bounce back higher than before.

I stay the course, even when discouragement abounds. Regardless of the past, I begin to steer my life in a new direction today.

***The harder things get, the more determined I become.*** I am deeply committed to my goals and I pursue my aspirations with steadfast resolve.

Today, I choose to enjoy the journey by celebrating my progress. I embrace my life with joy and a positive attitude. I look forward to the future I am creating for myself.

## **Inner-Reflection Questions:**

1. Where would I like to see myself five years from now? Ten years from now?
2. What do I need to do to get to where I deserve to be?
3. How can I align my actions with my dreams?

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# *I reach my destiny through positive energy.*

Positive energy flows through my body. I breathe it in with every breath and exhale anything negative.

Unhealthy energy avoids me. It rolls right off of me, and I refrain from allowing it to be a part of my life. ***Only positive energy has a place in my life and destiny.***

I am full of healthy, happy energy, and I give that energy away freely to others. Because I have so much positive energy, I can give much of it away and still keep plenty for myself. ***People like me because I am a positive person with goals and dreams.*** I help others feel better by remaining happy and positive.

Good things come into my life because my positive energy draws them to me. My life is always improving and I am happy with each moment of my day. ***Positive energy is very valuable to me, and I feel rich with it.***

I know that my happy attitude and positive energy matter more than money, education, or any other kind of riches. Because I am positive, I use my energy to attain the things that I want in my life. Helping others and myself is very rewarding.

***I enjoy being an inspiration to other people who want to have more positive energy in their lives.*** I help them as often as I can, and I keep my mind and heart open for people who need what I have to offer them.

Today, I use positive energy to move myself closer to my destiny.

## **Inner-Reflection Questions:**

1. What can I do to bring more positive energy into my life?
2. How can I give more positive energy and love away to others?
3. How can I set a goal timeline using positive energy?

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# *I slay procrastination with my unstoppable mental strength.*

Procrastination knows that my door is closed for business. I know my responsibilities and I pride myself on getting them done in a timely manner. ***Procrastination is for the weak minded, and I am a mental ninja!***

Each night before bed, I take inventory of my to-do list for the next day and I fine-tune any discrepancies that may arise. ***I thrive on order.*** This allows me to wake up the next morning feeling fully refreshed and worry-free.

Because I mentally prepare for the next day before it even begins, it is unlikely that I am surprised with an urgent errand or project.

In essence, the practice of warding off procrastination is much like laying my clothes out for school the night before when I was a kid. Starting the night before, I am ready for the next day.

***When my day runs efficiently, I feel satisfied.*** Fighting procrastination truly allows me to take full control over my valuable time.

I must admit that sometimes I do feel like giving into the temptation to procrastinate, especially if I am dreading the task at hand. But I fight off the urge to put things off and instead remind myself of my priorities. ***I value myself far too much to allow my schedule to be in disarray!***

Today, I am proud that I have the mental strength to leave procrastination in the dust. It feels fabulous to go about my daily life free from worry about loose ends.

## **Inner-Reflection Questions:**

1. Do I often fall prey to procrastination because I am addicted to a habit (such as online gaming, alcohol, or television)?
2. Do I create a to-do list to keep track of my daily progress on tasks?
3. Am I able to stay focused on the task at hand for prolonged periods of time?

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# *Persistence keeps me focused when progress towards my goals seems slow.*

I am proud of my persistent nature. ***I am committed to being persistent as I attempt to achieve my goals and dreams.*** Obstacles sometimes pop up, but I carefully navigate them.

Slow progress can be frustrating. I try to set timelines for achieving my goals. But I realize that there are other factors in life.

Instead of staying frustrated, I draw on my patience and fortitude to push me forward. I know I have what it takes to persevere.

***I accept that pure persistence can get me through difficult waiting periods.***

When I am faced with credit card debt, I commit to paying it off. As the months roll by, it sometimes feels like the balance stands still. But I avoid feeling dejected. I commit to maintaining the monthly payments until the balance is paid.

Each morning, I remind myself that life has many job opportunities for me. I reassure myself that they come along only at the ideal time. That knowledge helps me continue my job search.

***Today, I vow to be persistent and resourceful while achieving my goals.*** I avoid getting frustrated by trying to read the future. I am confident that my future is bright and well-deserved.

## **Inner-Reflection Questions:**

1. How can I readjust my work ethic when I become frustrated with slow progress?
2. In what ways can I teach my kids to be persistent when they are learning a new sport?
3. When have I lost focus on my goals and how did I get it back?

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# *I let go of my tendency to expect perfectionism from myself.*

I realize that, as a human, there is no way that I can be absolutely perfect. Expecting myself to be perfect is a lesson in frustration that I can do without!

Therefore, ***I set my goals for more realistic expectations*** and set myself up for success, instead. When I set a goal, I divide it into a series of tasks that I know are attainable. Each task I accomplish puts me one step closer to my goal, so I can feel successful all along the way.

***Letting go of perfection reduces my stress.*** When I try to do something perfectly, every little imperfection irritates me. I acknowledge that I can do a great job without everything having to be absolutely ideal.

***Trying to be perfect wastes my time.*** I could be completing other tasks or doing something I really like to do. When I look at it this way, I wonder how I could have ever spent my time in the endless pursuit of perfection!

My confidence and self-esteem rise with the realization that ***I am good without being perfect.***

I can now see the illogic in expecting myself to be perfect. It would be like expecting a tree to get up and walk or a pig to fly! Trees are not created to walk; pigs do not have the ability to fly; and humans are simply not made to be impeccable!

Today, I strive to accept myself as the wonderful person that I am without expecting perfection.

## **Self-Reflection Questions:**

1. Do I ever find myself spending forever on a task, trying to get it *just right*?
2. When have I received accolades for a job well done - even though it wasn't perfect?
3. How can letting go of perfection improve my life?

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*As I let go of perfectionism and pressure,  
I feel the burden lifted from my shoulders.*

I release the thought that I must do everything without a single error or misstep. ***No one is perfect and striving to be superhuman only brings stress and disappointment.*** As the thought dissipates, so, too, do the pressure and stress I had put upon myself.

I can do an excellent job in my work without requiring that every project be absolutely perfect. When I think about it, I realize that any project, no matter how good, can always be improved upon in some way. So the pursuit of perfection is insatiable.

I can receive wonderful results in other areas of my life without having to be perfect.

Spending time with my spouse and children brings all of us joy. ***I do not have to be perfect to love and be loved.*** My family members do not have to be perfect for me to love them. We love each other because of who we are, faults and all.

Wouldn't life be boring if everyone were perfect? Our unique qualities bring variety and excitement to life. In the same way, ***wouldn't I be boring if I were perfect?*** I see now that being *imperfect* is more than just fine. It is *very good!*

***Striving to be flawless is counterproductive to living a fulfilling life.*** Why spend time working toward an impossible goal when I could be using that same time to achieve goals that are real?

Rather than adding to my stress with impossible goals, I choose to fill my life with gratitude, peace, and happiness.

Today, I choose to be *imperfect!* I set achievable goals that I know I can accomplish and I feel great about them. I feel free to accomplish my goals now that the burden of perfectionism has been lifted.

#### **Inner-Reflection Questions:**

1. Do I require perfectionism from others or myself? Why?
2. Do I feel I deserve to be loved, even though I'm imperfect?
3. What are my goals today? Can I achieve them without being perfect?



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## *Meditation corrects my vision*

Meditation changes how I see the world. ***My vision becomes more accurate and uplifting when I meditate.***

I slow down. I pay attention to things that I previously overlooked. I see squirrels playing in the trees and clouds floating in the sky. I notice when my son brings back the car with a full tank of gas.

Everything comes into sharper focus. I feel less distracted. ***It is easier to concentrate on positive thoughts during meditation.***

I become more compassionate. I empathize with a coworker who arrives late for a meeting because they got stuck in traffic. I forgive myself for forgetting to pick up the dry cleaning.

***I have a greater sense of peace when meditating.*** I readily adapt to changes. I feel confident that I can handle whatever happens. I am able to put some distance between myself and my emotions. I accept my fears and choose my actions carefully.

Sometimes, I just take a brief pause to still my mind. A few minutes of deep breathing while brushing my teeth or standing in line at the supermarket can be helpful. I release minor tensions. I remember to feel loving and thankful.

***Throughout the day, I reflect on the insights I discover during meditation.*** They guide me as I wash the dishes or talk with my boss.

Today, I rely on meditation to enhance my vision. My world appears more beautiful and meaningful.

### **Inner-Reflection Questions:**

1. How does meditation change the way I see myself?
2. What can I do to hold onto the positive feelings I generate during meditation?
3. How does meditation help me manage my emotions?

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# *The time to go after my dreams is now.*

Only I hold the power to create the life I desire. I want to make my dreams come true so each day I work on at least one task toward accomplishing my life goals.

I prompt myself each morning to consider my goals. I think about what I can do today to move closer toward the things I want to achieve. ***I think about how I have been given the gift of another day and plan to use it to my best advantage.***

I embrace the responsibility of making things happen each day.

My confidence increases as the day goes on because I know I am doing something to bring my dreams more within my reach. The more effort I put in, the harder I want to try to reach for the stars and achieve my life goals.

I realize that I might occasionally alter my dream a bit. ***Recognizing that I can create whatever life I choose for myself is powerful.*** This knowledge causes me to think deeply about the things I truly want in life. Sometimes, those things change.

Today, my plan is to write down my life goals. I want my dreams to be very clear to me so I can take action to get closer to living them each day.

## **Inner-Reflection Questions:**

1. Do I have life dreams? What are they?
2. What are some actions I can take to get closer to achieving my dreams?
3. What actions can I perform each day to lead me toward my desired life?

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# *Meditation helps me to set intentions for each day.*

Being present in each moment allows me to have days that are fulfilling. Conscious involvement in each thing that I do encourages positive decision making. ***When I meditate, it helps me to set my intentions for the day ahead.***

Each morning gives me a chance to define my purpose in life. The quiet time when I wake up helps me to formulate a plan for making the most of my time.

Meditation allows me to connect to my inner beliefs. Having that connection reminds me to focus on what I truly value. I live according to what I believe is wholesome and just.

When I look within, I consider the impact that my actions have on my circle of influence. My focus is on being a positive influence for those people.

***As I meditate, I realign myself with that focus and commit to living positively for the day.*** I encourage my subordinate at work and extend a helping hand to those who are less fortunate.

Quiet time at the end of each day also helps me to re-center myself. ***Reflection allows me to identify shortcomings and develop a plan of action to overcome them.***

Today, I acknowledge that there is significant value in meditation. Being able to focus on my inner being is helpful in allowing me to experience rewarding days.

## **Inner-Reflection Questions:**

1. What activities can I engage in to enhance the value of meditation?
2. How do I realign with my belief system after an emotionally challenging day?
3. In what ways can I incorporate meditation throughout the course of the day?

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# *There is enough time and space for everything I want to do.*

My life is busy, but I have plenty of time to take care of day-to-day activities and to address my aspirations. **I choose how I spend my time.** I have all the time I need.

I sometimes feel stressed and believe I lack the time I need. However, I know this is just an illusion.

When I feel that I need more time, I streamline my life. **I let go of those activities that contribute little to my life.** I avoid wasting time. I prioritize my time and use it to the best of my ability.

My time and my life are under my control.

Having space in my life is important to me. **It provides me with the potential to make additions to my life without having to give up something else.**

I enjoy plenty of space in my life for new people and activities. I can pursue new hobbies whenever I choose.

My life feels light and spacious.

My life is comfortable. I am able to avoid feeling rushed or cramped. **I can take my time and give the activities and people in my life the attention they deserve.** I appreciate how much free time I have.

Today, I am enjoying the vast amounts of time and space present in my life. There is enough time and space for everything I want to do.

## **Inner-Reflection Questions:**

1. What are the primary ways I waste time?
2. What are my biggest goals? How can I create more time in my life so I can achieve them?
3. What would I do if I had unlimited time?

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# *I appreciate small successes that lead to greater goals.*

My approach to small successes is to be thankful for being able to achieve them. I know that taking little steps is what leads to eventually reaching significant targets.

I take on challenges that I know I am able to conquer. I avoid overwhelming myself with the enormity of a mammoth end result. ***Instead, I focus on manageable goals along the way and celebrate the small victories.***

Debt sometimes seems like an unending challenge. When I look at my overall debt, I feel discouraged. At times, I feel I lack the resources to clear what I owe.

But I give myself credit for the small, consistent payments I am able to make each month. I set manageable repayment targets for myself and feel encouraged when I make those payments.

***My career plans are moving along nicely because I am focused on the journey at hand.*** I avoid looking at how much further I have to go. I work with today's goals today.

Today, my small successes have a huge impact on how proud I feel about myself. I know that being able to reach small goals consistently proves my ability to reach larger ones. I commit to keep persevering on the road to greatness.

## **Inner-Reflection Questions:**

1. What are some of the things that my success teaches me?
2. Why is it important for me to acknowledge the small achievements?
3. In what other areas of my life do I see improvement as a result of achieving small goals?

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## *Fun times bring balance to my life.*

In the midst of the challenges of life, I make time to enjoy what is in front of me. Spending time doing entertaining things adds great balance to my life.

During a grueling week of work and studies, I commit to taking some time for myself. Each day is manageable because I make time for light reading. Escaping reality and jumping into a fictional story is enjoyable for me.

When I emerge from a reading break, my tensions are eased. My mind is ready for another round of challenging activities because I give it rest.

Spending time with friends is a great way to unwind. Although focusing on my responsibilities is important, I avoid neglecting social activities. ***Being around others with like minds allows for shared expressions and unforced interaction.***

I enjoy going to amusement parks because they allow me to feel like a child again. Being carefree takes my mind off the seriousness of life.

Having fun allows me to sleep well at night. Doing enjoyable and exciting things makes me laugh and relaxes my mood.

***Today, I commit to incorporating fun activities into each day.*** My life is enriched when I open myself up to various experiences. It is wonderful to be able to enjoy the lighter side of life because it adds balance to my existence.

### **Inner-Reflection Questions:**

1. What are some fun activities that I enjoy?
2. How do I balance solo entertainment with sharing fun times with friends?
3. What are some of the triggers that tell me it is time to take a break and let loose?

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# *My alone time opens me up to my true self.*

It is important for me to stay connected to who I am at heart. ***Spending time alone gives me the opportunity to open up to my true self.***

Each day is filled with influences from many different corners. It is difficult to remain unfazed by these competing influences but I give it my best shot. I spend a few moments at the end of each day reconciling them with my inner beliefs.

I make a conscious effort to denounce influences that are misaligned with my morals and principles. Being alone allows me to focus on the things that are important to me. ***Meditation time helps me to assess the real value of the things and people in my life.***

Sometimes it is difficult to differentiate between what I like and what is popular. When I become introspective, I am able to determine what has a meaningful impact on me.

***Once I determine what matters most to me, I consciously work towards maintaining those things in my life.***

Today, I treasure the time I have to be one with myself. Taking a few moments to listen to my inner self is rewarding. Being in sync with what means the most to me at heart helps me to lead a fulfilling and meaningful life.

## **Inner-Reflection Questions:**

1. What else am I able to accomplish in my alone time?
2. How often do I take time away to reenergize myself and recommit to my values?
3. How possible is it for my true self to evolve as I experience new things?



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# *I give myself time to do whatever I want each day.*

The pace of life waxes and wanes for me. ***During slow, relaxing days I know I can spend some time engaging in activities that bring me joy and excitement.***

When my day is hectic, it is a challenge to partake in my favorite activities. Still, I ensure that I experience carefree moments during busy times. I enjoy special events the most when the going is hectic.

***I am creative in my efforts to do what I like.*** I use half of my lunch hour to walk in the sunlight or read a chapter of a great novel. In the evening while dinner is in the oven, I work on a crossword puzzle or do yoga. Before bed, I watch television to relax and replenish.

I am truly happy because of my efforts to work my favorite activities into my daily life. ***Rather than sitting around without much to do, I capture idle moments for my own pleasure.***

Today, I carve out some special time to immerse myself in activities I love. I experience joy each day because I savor the moments I spend doing whatever I want.

## **Inner-Reflection Questions:**

1. How do I spend my time each day? When was the last time I engaged in an activity that I love to do?
2. Are there activities I think about doing but never do? If so, what are they?
3. What times during my day could I spend doing my favorite things?

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# *I find time for things that bring me joy.*

Life can be overwhelming. Work is busy, home life is hectic, and my social calendar is full. So, I make conscious decisions to schedule spare time so I can engage in activities that fulfill me.

***I realize that I am the only one responsible for ensuring I do things that bring me joy.*** It may be spending time with my partner, going out with my friends, playing a game with my child, or just having some “me” time.

The more happiness I experience, the better prepared I am to make it through the challenging moments in life.

***I try to end my days by engaging in activities that bring me comfort and solace.*** I often read a book, paint a picture, or watch an old movie to relax. I might call my parents or a close friend.

Today, I engage in activities that make me smile or laugh. I am excited and happy to spend time doing my favorite things. I know I am blessed.

## **Inner-Reflection Questions:**

1. How much spare time do I have in an average day?
2. When was the last time I spent my time doing something that brings me joy?
3. What are five activities that I can do on a regular basis to ensure I have some happiness in my life each day?

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# *I use my time alone to reflect and recharge.*

I make good use of my time alone. I ponder both the good and challenging aspects of my life. I reflect on the positive in order to be grateful and on the negative to learn from my mistakes.

I am able to recharge when I am alone. ***There is something energizing about being alone and getting to fully relax.***

I value the time I spend by myself because it makes me a stronger person.

I schedule time to be alone. It is an important part of each day, so I make the time to ensure I can reflect and recharge.

***I learn valuable lessons through my mistakes that keep me from repeating the same errors.*** I assess my past blunders and my view of the world evolves. I value my missteps and make the most of them. Because of my errors, I know I can make more beneficial decisions in the future.

I review my goals and examine my life daily. I look for clues that enable me to have a more successful and fulfilling life.

Sometimes I meditate when I am alone. Meditation is the perfect way to reflect and recharge.

***Today, I choose to recharge my mind and body when I am by myself.*** I enjoy my past successes in reflection and look forward to new ones. I value my time alone and make the most of it each day.

## **Inner-Reflection Questions:**

1. How much time am I able to spend alone each day?
2. When can I fit time by myself into my busy schedule?
3. How would my life be different if I never repeated a mistake?

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# *Each day, I take time to enjoy the moment.*

I make time throughout my day to step back and appreciate the moment. These moments, regardless of how small they are, bring me immense enjoyment.

I allow myself a few minutes to step away from the cares of the day whenever I see fit and just enjoy the moment. Taking a break like this helps revitalize me and gives me the energy to continue throughout my day.

I choose to take time out of my day, even if that means making alternate arrangements to make this possible. I value this time and take care to refrain from minimizing its importance.

***These moments are just as important, if not more important, than anything else in my day.***

I realize that my productivity and wellbeing increase when I take this time to myself. In the morning, I relish the first moment upon waking and at night, the last moment before going to bed.

***Throughout the day, I listen to myself and take time when it is needed.***

Today, I choose take time to enjoy the moment. This may mean taking time in the morning, throughout the day, or whenever I feel the need.

## **Inner-Reflection Questions:**

1. When is a good time for me to enjoy the moment?
2. What does enjoying the moment mean to me?
3. What are ways that I can communicate my need to take time for myself?



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# *My choices today support my goals for tomorrow.*

Each day is a reminder that I am one step closer to my goals. Keeping that in mind helps me to stay on track with the choices I make. ***I am responsible and mature enough to make strategic life decisions.***

The focus that goal achievement requires rarely daunts me. When I think of my future success, I get excited about the prospect of getting there. I commit to what is important.

It is easy to avoid over indulgence when I know I have financial goals. I remind myself that taking care of the important things now is paramount. ***I am saving indulgence until I am able to celebrate achieving my objectives.***

The relationships I form today determine the kind of future support structure I have at my disposal. I am careful with my choice of friends. I want them around for a long time.

When I am at a crossroads, I avoid making a choice based on my emotion of the moment. I realize how easy it is to be reactive when choosing by feelings. ***Instead, my choices are well contemplated.***

Setting goals sometimes means sacrificing my comfort for the end result. I am content with tough decisions that yield an ideal outcome.

Today, I am happy to be a sound decision maker. My commitment to thinking things through with a focus on my goals is unwavering.

## **Inner-Reflection Questions:**

1. Whom can I ask for help when I have a tough choice to make?
2. How do I know when a goal I set is likely unattainable in the desired timeframe?
3. How long am I able to sacrifice my comfort in pursuit of goals?

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## *I have all the time I need.*

I am relaxed and peaceful in each moment. I apply myself steadily to my goals because I am confident that my dreams are attainable.

***I trust that I have all the resources necessary to realize my highest aspirations.*** Perhaps most importantly, I know that I have all the time I need.

Like most people, I do keep an eye on the clock. I know that some things take a certain amount of time, so I allot enough time for each task when I work out my schedule for any given day. Consistently, I find my estimates to be accurate.

Life can sometimes feel so busy. There are relationships that need tending, a home to care for, and personal pursuits that call to me. I must work, sleep, and ensure that I and my family get enough exercise and eat healthy, balanced meals.

However, I have my priorities straight. ***I know what I need to do most at any given time and I believe that everything else can wait.***

Again and again, I rediscover that most of the requirements of my life can be rearranged infinitely, until eventually I get to all of them. Even so, I regularly enjoy the satisfaction of completing all of the tasks on my to-do list.

Today, I am able to make headway toward my dreams. ***I tackle tasks large and small, knowing that I have all the time I need to get them done.***

### **Inner-Reflection Questions:**

1. What are some of my core beliefs about time?
2. Has anything life-threatening ever happened because I ran out of time?
3. If not, couldn't it be said that I do have all the time I need?

1.

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# *I have the power to reach my goals.*

I know what I want to accomplish in my life and I have the ability to do it. I have a plan to reach my goals and each day I get a little closer to achieving them.

I awake each day with renewed strength and determination. I refuse to be side-tracked or discouraged. ***Regardless of what happens, I am confident that my goals can be achieved.***

The universe acknowledges that my goals are worthwhile. Everywhere I turn I encounter others who share my beliefs and work to help me achieve my goals.

My goals are pure and bring blessings to myself and others as I work to obtain them. ***My life is as much about the journey to achieve my goals as it is about the goals themselves.***

Even when challenges, setbacks, or hardships occur, I am resilient and I keep working towards the fulfillment of my goals.

***I have the power to achieve any goal that I set for myself.***

Today, I am taking the steps that are necessary to reach my goals. Each day, the path to accomplishing my goals becomes easier and I am filled with excitement and energy as I taste the sweetness of success.

## **Inner-Reflection Questions:**

1. What steps can I take to eliminate distractions from my goals?
2. Who can I call upon to help me achieve my goals?
3. What steps do I need to take each day to draw closer to my goals?

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