

I am Worthy of My Goals

I can have lofty goals. I am worthy of goals that are ambitious. My heart and soul are set on achieving them. My body and spirit are determined to make them real. I know I can do whatever is required to bring my dreams to life.

My efforts are paying off. I have clear targets to reach.

My goals of having abundance, love, and happiness are worthwhile. My career ambitions are also worth pursuing and within my reach.

I am allowed to have big dreams.

I am worthy of getting what I want. I deserve to have health, love, and money. I have the right to enjoy my life.

My dreams are worth pursuing. I know that I deserve to have success.

I have support and encouragement to help me reach my goals. My coworkers, family, and friends help me along the way. They uplift me when I doubt myself and celebrate with me when I hit milestones toward my goals.

I learn from my mistakes and pay attention to details. As a result, I avoid many challenges and reach my goals easier.

Today, I notice my own value and how my goals support me. I know they are within reach. I feel ready to make my dreams a reality.

Anchor ME™ Reflection Questions:

1. Do I feel worthy of lofty goals? What can I do to strengthen my self-esteem?
2. Is it possible to reach my goals faster? How?
3. How do I know when it is time to set new goals or rewrite the current ones?

