

Personal Reflection Exercises...

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Life brings me opportunities every day to forge onward toward my goals, and ***I make it a habit to take advantage of every occasion.*** The more I practice this, the more I find amazing opportunities all around me!

Each new day brings with it a new batch of possibilities to choose from. This day may be a day of discovery where I gain new knowledge, find a new talent, or learn a new skill. It may be a day of accomplishment. Or it may bring me rest and rejuvenation to renew my passion and energy to achieve my goals.

I use my time management skills to schedule tasks every day that keep me moving forward. I know that each task I complete brings me one step closer to success.

Even challenges bring opportunities.

In seeking solutions, I learn new things, develop my creativity, and enhance my decision-making skills. Sometimes the silver lining propels me toward my goal faster than if the challenge had never occurred!

There is always opportunity. I need only to let myself see it and then take decisive action!

Action is the key. Taking action keeps me moving. It keeps my mind focused on completing my tasks rather than sitting around wondering about the *"what ifs."* It encourages me to do what I can in any situation and not worry about the rest.

My action mindset brings me confidence because I am able to focus on what I *can* do rather than on what I cannot do.

Today, I choose to seize the day - to recognize the opportunities this day brings and take action on them.

Self-Reflection Questions:

1. Do I feel as if I'm moving forward each day?
2. How can I seize this day?
3. What opportunity is before me at this moment?