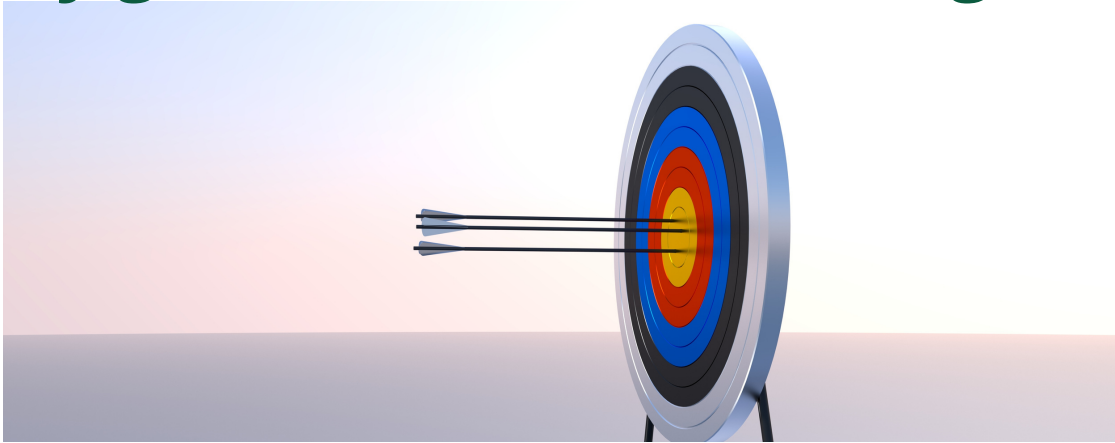


# "Appeal"ing Affirmations

## My goals are worth working for.



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I stay focused on my objectives and remember my purpose. I boost my motivation by recalling the reasons behind my actions. I ask myself, "Why am I doing this?" I remind myself of its importance to me.

I overcome obstacles with patience and persistence. I accept setbacks and delays, and when necessary, figure out a different way to reach my destination. ***I view obstacles as a puzzle I need to solve.***

I reframe my doubts and fears. I tell myself that I can do it.

I prepare for success. I determine the resources I need and where to get them. I work backwards from deadlines so I can stay on schedule. I evaluate my performance, so I can target areas where I need to change.

I build momentum. I find a logical starting point and take my first step. I use each achievement to propel me forward. ***My small victories add up to bigger successes.***

***I reach out for support.*** I share my goals with others because it makes me feel more accountable. I let my family and friends know how they can assist me. I welcome constructive feedback and thank others for their input.

I give my body and mind adequate rest. I avoid burnout by taking a day off sometimes.

***Today, I happily devote time and effort to reach my objectives.*** I set challenging and meaningful goals, and I work hard to achieve them.

### Self-Reflection Questions:

1. What is the difference between wishes and goals
2. How can I use visualization to help me stick to my goals?
3. What is one thing I can do today to help me reach an important goal?

