

"Appeal"ing Affirmations

I banish thoughts of giving up with one more push.



I banish thoughts of giving up with one more push.

I am a dedicated soldier to myself. ***Giving up is absent from my action plan.*** I look at each mission on my journey as possible even when it feels like I can barely go on. I draw on my reserves and keep persevering because I know I can.

If I feel seriously challenged, like it would be much easier to close my eyes and give up or give in, ***I remind myself that easier does not always mean better, happier or more fulfilling.*** My experiences show me that pushing through always produces a better outcome.

I know I have it in me to take another step.

The rocky roads I am faced with throughout my life are only there to challenge my resolve and determination and teach me important lessons or skills.

I anticipate becoming tired along the way, but I am confident I can persevere. **Every breath that it takes to push through is within my being;** my only task is to take those breaths one by one. Each breath propels me a little further and brings me that much closer to my goal.

Today, I commit to pursuing my journey, even when the hills of life become steep or treacherous. I know it is always worth it in the end if I choose to keep going. I am destined to achieve greatness!

Self-Reflection Questions:

1. Do I ever break under the pressure of obstacles pushing at me?
2. How do the experiences of others serve as examples for me?
3. How can I help others to understand the benefits of perseverance?