

# "Aappeal"ing Affirmations

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I love expanding my horizons! Each morning when I awake, I ask myself, "What can I do today to accomplish more, strengthen my abilities, and increase my knowledge?"

I find that it makes life more exciting and opens up new opportunities that I never could have imagined. It's like the old commercial says: **"You only go 'round once in life, so grab for all the gusto you can!"**

Life is a great adventure and I enjoy it to its fullest! My unflagging spirit of adventure enables me to step outside my comfort zone with anticipation of what I will find along my journey.

Challenging myself to accomplish more brings me accolades at work. I become a more valued employee when I find ways to do more in less time and bring in more value to the company's bottom line.

Strengthening my abilities helps me enjoy all aspects of my life. **I dare myself to use my abilities to their limit, and then go a little farther.** I seek out opportunities to develop new talents and strive to perfect them, too.

In all I do, I welcome the chance to increase my knowledge of the world around me. I maintain a healthy curiosity about everything and I pursue further education so I can achieve greater and greater success.

Today, I challenge myself to learn something new and step outside my comfort zone to push myself past my mental barriers.

## **Self-Reflection Questions:**

1. What can I do today to strengthen my abilities?
2. Do I fear stepping outside my comfort zone, even if it can make me better? Why?
3. What do I plan on learning today that can expand my horizons?