

# Personal Reflection Exercises...

## I am focused on the big prize.



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I remain centered on my goals without distractions.

I have clear, attainable goals in my life to help me achieve the things I know I deserve. Accomplishing today's goals gives me the momentum to create and achieve any goal I set for myself in life.

As I set and accomplish the smaller goals in my life ***I am empowered and made stronger by each accomplishment***. With this strength and empowerment, I know I am getting closer each day to my "big picture" goals. I continue moving toward these larger goals by taking one step at a time. I remain alert and determined to obtain the end results I desire and deserve.

I have an ultimate objective in my life and I keep my sights on this goal and move forward in my endeavors. Distraction is far from me as I pay close attention to my primary goal in life. This gives me great purpose and an unstoppable passion.

Today, I choose to remain focused on my primary objectives in life, and with each challenge I conquer, ***my passion***

***intensifies and my determination grows stronger.***

### Self-Reflection Questions:

1. What is my primary objective in my life?
2. What goals am I meeting regularly?
3. How might I challenge myself to do - and be - more?