

# Personal Reflection Exercises...

## I define success on my terms.



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My success is unique and I am the only one who can characterize it.

I appreciate the successes of those around me. I can learn from them and enjoy their achievements. I appreciate my own success, even if it is not the same as others. **My success is determined and defined by me.** That is what matters most. I can see the progress I make and only I will know where it came from.

It doesn't matter what other people think about my progress because I build momentum on my terms. Others have their own ideas of what success means to them, but I have my own mind to create goals unique to me. I let go of worrying about what others think and I embrace my goals with passion.

My success is perfect for me! **I am proud of my progress and I celebrate each success, whether big or small.**

Today, I choose to focus on my own progress and celebrate each success on my journey. And when I do, I feel satisfied knowing that I can surpass any goal I have

set for myself.

### Self-Reflection Questions:

1. What areas have I defined as successful?
2. How does my success make me feel?
3. How have I celebrated my success?