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I walk with purpose and unshakable confidence. My steps are deliberate and well-thought-out.

My time is a precious commodity. I use it wisely and towards specific purposes.

## **Keeping my eye on my goals encourages me to be mindful of time.**

I balance downtime with productivity. I know that each is important to creating balance. It is important for me to know when to apply one over the other.

Taking a break from work gives me the chance to rest and refill my cup of mental wellness. A strong mind is capable of achieving great things. Building mental exercises into each day is a conscious decision.

## **My greatest resource is my own mind.**

Giving it time to generate robustness and nimbleness is essential to producing at a high level professionally.

I challenge myself by associating with top

minds in business. When I make myself vulnerable to the brilliance of others, I pull myself up another notch. I give credit to the wise people around me because their track record for success is proven.

Building a life of happiness and success requires giving attention to various factors.

## **I humbly accept my experiences and allow them to lift me to higher heights.**

Today, moving ahead means humbly accepting the lessons that life presents to me and using them as steppingstones. I commit to recalibrating my steps along the way so that my goals remain in sight.

## **Self-Reflection Questions:**

1. How do I incorporate lessons from roadblocks into my daily life?
2. What could I do differently to preempt and prevent potential challenges?
3. How do I know when to pivot and take a different route towards a goal?