

I summon my inner strength

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I overcome my doubts and fears. I believe in myself and my abilities. I recognize my own power. **I can do great things** when I am willing to push past discomfort and take concrete action.

I practice self-care. I keep myself healthy and fit. I have more energy and endurance when I eat a balanced diet, exercise regularly, and sleep well.

I think positive. I embrace change and keep things in perspective. I encourage myself by repeating affirmations and visualizing success. I pay attention to the bright moments in each day and cultivate a sense of gratitude.

I learn from experience. **If I fall, I pick myself back up.** Struggling helps me to understand how strong I really am. I persevere through obstacles. I build my character and enhance my performance.

I let go of the past. I forgive myself and others. I set myself free from grudges and resentments. I keep moving forward. I shift my attention towards developing solutions

and achieving my goals.

I remember my purpose and build my motivation. I break big projects down and take the first step. Completing one task on my list inspires me to keep going.

I rely on my spiritual faith. I think about the reasons behind my activities.

I ask for help. I reach out for encouragement and support. I collaborate with others and welcome constructive feedback.

Today, I tackle challenges with courage and wisdom. **I am calm and capable.** I trust in my inner strength.

Self-Reflection Questions:

1. What would I say if I was praying for inner strength?
2. How have hardships made me stronger?
3. How can I increase my resilience?

