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Life can be tough, so I seek out ways to build my self-respect. One strategy I use to honor myself is to pay my debts on time. Although this might sound like a small thing, paying my debts before they are due is very important to me.

I sleep well at night, knowing I do the right thing in making timely payments to whomever I owe. Being prompt with my bills helps me feel good, safe and secure. **And I feel powerful whenever I pay my debts on time.** Putting in the time and effort to quickly and responsibly repay those I owe is a way to truly honor myself.

Deep inside, I feel that paying my debts on time makes me a better person. I can go through the day knowing that I have taken care of my personal finances. I feel more financially secure. **I am so proud of myself for how I choose to manage my money.** I honor myself by taking care of my debts as quickly as I can.

Although I have other ways of respecting myself, I find that taking care of my debts has a big impact on how I feel from day to

day. I am glad I take a stand to manage my money successfully.

Today, I feel proud of my efforts to pay bills on time. I honor myself by taking my financial debts seriously and vow to always take care of debts immediately.

Self-Reflection Questions:

1. Is honoring myself important to me?
2. Do I connect paying my debts in a timely fashion to how I think and feel about myself?
3. What can I do to be more diligent about paying bills on time as a way to honor myself?

