

Personal Reflection Exercises...

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I have plenty of high hopes and dreams, but I am sure to keep my feet on the ground when it comes to planning my goals.

Even if I need to do a lot of preparation or further my education or skills, I plan achievable ways to obtain what I need. I know that, ***when my goal is achievable, I am destined for success!***

I take all the time I need to make a sure-fire action plan. This plan becomes my roadmap for my journey to reach my goals and I detail every step of the way. I make each task one of the steps on my path. ***Every task I complete, no matter how small, is another step closer to my goal.***

An ancient proverb states, "*A journey of a thousand miles begins with one step.*" Therefore, I make my first tasks quick and easy ones so I can get started without much ado. Placing easy tasks at the beginning also helps me build momentum that motivates me and keeps me going when I encounter challenges.

Some might say that I have my head in the clouds with my dreams, but I am confident that my plan will get me where I want to go. ***I take action every day to work toward completing my next task.***

Even if a task might take years, like going back to school to get a specialized degree, I am patient because I know I am still moving forward according to my plan.

Today, I intend to make a detailed plan for one of my highest goals, making it real and achievable for *me!*

Self-Reflection Questions:

1. What is my most exciting dream for my future?
2. Is this dream real and achievable, even if it should take years to reach my goal?
3. Have I made my roadmap of how I'm going to get there?