

Personal Reflection Exercises...

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My tomorrow is dictated by my actions today. ***How I act today is the blueprint for my future.*** Daily, I spend time reflecting on my actions and attitudes in order to alter my habits. I practice good habits because they breed success.

I choose to use my time wisely. Therefore my time is spent on activities that benefit me. Every decision I make is carefully thought out and evaluated because I am committed to shaping my future. In the end, I choose to do only that which brings me closer to my goals.

I focus on what I can control and release myself from unnecessary pressures. I control my reactions and I react with wisdom in order to live free from regret. Doing so allows me to enjoy the fruit of my hard work in serenity and peace.

My future is well planned because I set high standards for myself. I know where I want to go in my career, relationships, and other areas of personal growth. My plan includes strategies on how to become and achieve more.

When I think of where I am going, I am filled with enthusiasm. I am proud of where I am today because I know it is just the beginning of greater things to come. My future is a place that I face with expectation and uncontainable anticipation.

Today, in every decision I make, I am conscious of my future well-being.

Self-Reflection Questions:

1. Where do I see myself in 5 years?
2. How will I get there?
3. What do I need to do in order to ensure that I am moving forward?