

I have the power to change

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I can be anything I want to be if I work hard enough. I have the willingness and ability to change. **My life is my creation.**

I set challenging and realistic goals. Each small win motivates me to keep trying. I understand my strengths and enjoy using them to become more skillful and accomplished. I aim high and regularly evaluate my progress.

I persevere through obstacles. When I run into a setback, I remember my purpose. I adapt to new conditions and take a different approach.

I think positive. I am curious about the world around me and excited about the path I have chosen. I prefer to see the glass as half full rather than half empty.

I take care of my health and wellbeing. **A balanced diet, regular exercise, and good quality sleep help me to keep my strength up and take on new adventures.**

I surround myself with support. I turn to my friends and family for encouragement and

empathy. I ask others for their honest feedback and thank them by using their input effectively.

I embrace change even when I feel scared or doubtful. I manage my emotions instead of letting them control me. I know that I can handle anything that happens. I keep moving forward.

Today, I take charge of my life. I recognize my power and potential. I make positive changes that help me to enjoy more happiness and success.

Self-Reflection Questions:

1. What is the relationship between change and growth?
2. How can waking up earlier help me to reach my goals?
3. What is one change I can start making today?