

Reflections On Myself And My Life

A series of thought provoking short articles



Presented by

You Are Success Life Coach

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This book is not intended for use as a source of lifestyle and personal consulting advice. All readers are advised to seek services of competent professionals in the appropriate fields for professional advice on any changes they wish to make.

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Introduction

You are moving steadily forward in your life but you think that there is more to life than what you have been doing so far. You know you can do more but you just don't know where to start or how to start.

What questions do I have to ask myself?

What do I really want out of life?

Where do I find the answers to these questions and the help I need?

Luckily, you have found [Reflections On Myself And My Life](#), a series of reflections and questions that will start you on your journey of self-discovery and then lead you to changes that will improve your life and your enjoyment.

We need to warn you though, change is difficult. That is why so many people don't do it.

Reading these reflections and not taking the time to honestly answer the questions will not change your life. You need to apply yourself to making the changes necessary so that you grow and develop your life the way you want.

So sit back and let yourself read and think about your life and what is required to make it just what you want it to be. Then go out and make it happen.

You can do it!

Michael W



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Each day I strive to become the person I want to be

Each day I strive to become the person I want to be.

I always strive to improve myself. I look forward to learning and accumulating more skills so that I am more productive in all aspects of my life.

Using patience, I am able to be compassionate with others. ***I show them the kindness they deserve.*** In all relationships, whether they are personal or professional, I strive to be a person that others can look up to.

I maintain a positive attitude so I can work with situations as they occur and develop effective solutions. ***I look forward to the future*** so I can portray even more strength as I go through my life.

When I help others, I learn more about myself. I am always ready to assist others with what they need. When I offer my guidance, I feel proud of myself.

I work to counter my imperfections. ***Making myself into the person I want to be sometimes seems like a challenge, but I know that I am up to the task.***

Today, I am paying extra attention to becoming the person that I want to be. In my professional and personal life, I want to be able to be proud of my actions.

Self-Reflection Questions:

1. What are my goals for self-improvement?
2. What can I do to strengthen my personal relationships?
3. How can I ensure that I am putting in one hundred percent with any endeavor that I set my mind on?

Each mistake I make offers a learning experience for me

Each mistake I make offers a learning experience for me.

I carefully search for the opportune learning experience in each mistake I make.

I avoid being hard on myself when I make a blunder. Even though the error is disappointing, I realize that it is already done. ***Instead of focusing on what is gone, I pay attention to how to fix things going forward.***

There are important questions I ask myself after I err. My initial focus is on the reason behind the mistake. I take a few moments to arrive at the honest answer.

The source of my mistake is sometimes difficult to come to terms with, but I am honest with myself. ***I stand a better chance for success with my second opportunity because I accept my shortcoming.***

Mistakes at work have consequences. But I am confident that my work ethic gives me opportunities to redeem myself.

When I recognize my error at work, I take accountability. My honesty goes a far way

in mending the inconvenience caused. I am committed to doing damage control to allow for minimal negative impact.

I gain insight about myself after a mistake. I realize the power of resilience.

Today, my opportunities to learn come in many different forms and I like that. I use each chance to better myself. My ability to take accountability for mistakes helps me to prevent them from happening again.

Self-Reflection Questions:

1. How can I use the experiences of others to lessen my chance of making the same mistakes?
2. What do I do when I am unable to find the lesson in a negative situation?
3. Which characteristics of mine are strengthened with each challenge?

Focusing on the goal at hand helps me to avoid distractions

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My ability to succeed relies on me focusing on the goal at hand. Focus allows me to have a clear mind to make sound decisions. ***I condition my mind to avoid distractions and remain attentive.***

Career goals are important to me because they signify achievement. Accomplishments in my work life help me to realize a more comfortable future.

When my friends want to hang out, I first ensure that my work responsibilities are covered. ***Being able to achieve a job promotion is far more fulfilling than a night of partying with my friends.***

My overriding goal is to live according to my principles. I am committed to avoid being swayed by the glitter of other things that might tempt me. My dedication to living an honorable life takes precedence over anything that tries to distract me.

When I achieve success, it is easy to release inhibitions and celebrate without boundaries. I remind myself that there is a

time and place for everything.

Today, I know where my focus lies and I am committed to staying on track. Each day brings a new opportunity to renew my focus and diligence in achieving important goals.

Self-Reflection Questions:

1. What works best for me when I want to tune out distractions to work towards a goal?
2. How do I know if my goals are unrealistic?
3. In which scenarios are distractions actually helpful in my goal setting?

I am courageous in asking for the opportunities I want

I am courageous in asking for the opportunities I want.

I realize that my ability to attain anything lies in my courage to go out and get it.

When great opportunities arise, I get excited. I consider the potential positive impact on my life and go after them. ***I know that being brave is the first step in achieving greatness in life.*** Having guts also fuels my self-confidence.

New work opportunities give me a chance to develop professionally. Although new jobs involve greater responsibility, I ask for them anyway.

I know that stating my interest is a step in the right direction. My strategy is to get my foot through the door first, and then figure out the next step. I rely on my natural abilities and external information sources to develop a success plan.

When negotiations are swaying away from my preferred direction, I propose alternatives. Doing that allows me to indirectly ask for what I want.

Recommending alternatives give me an easy way to conciliate with others. I realize that it is simpler to gain cooperation when I promote inclusive discussion. ***I am happy with meeting someone halfway after fair and open negotiation.***

Today, I recognize that it only takes a little courage to be successful. I am committed to putting aside fear and doubt. My daily goal in life is to go after opportunities with all the self-confidence possible. That approach takes me one step closer to achievement.

Self-Reflection Questions:

1. In which scenarios is it better for me to avoid asking for an opportunity?
2. What can I do to help me develop the courage necessary to ask for what I want?
3. How easily do I recover after having my brave request turned down?

I appreciate myself

I appreciate myself.

When I count my friends, I put myself on the top of the list.

Valuing myself gives me motivation. I want to set ambitious goals and strive to reach them. I believe that I am worth the time and effort. I deserve the success that I work for.

Appreciating myself helps me through difficult times. **I treat myself with compassion and respect.** I address my weaknesses without beating myself up. When I experience a mishap, I rise back up and figure out a more effective approach.

Self-esteem protects me from harm. I make choices that promote my wellbeing.

I take care of my physical health. I give my body adequate sleep, nutritious food, and regular exercise. I follow my doctor's recommendations and manage daily stress.

I develop supportive relationships. **I remind myself that I am worthy of love just the way I am.** I let others know me, and ask for help when I need it. I give generously of my

time and knowledge. I spend time with friends and family.

I engage in encouraging self-talk. Reviewing my accomplishments builds my confidence. I prove to myself that I am capable of handling the challenges that come my way. I focus on the rewards of persevering.

I nurture my spiritual side. I make time for meditation and prayer. I worship with others who help me to understand what my faith teaches me about the value and meaning of life.

Today, I feel good about myself. I make decisions that validate and empower me.

Self-Reflection Questions:

1. How does appreciating myself increase my respect for others?
2. Why are material possessions and popularity unstable sources of self-esteem?
3. How do I describe a healthy sense of self-worth?

I stay calm

I stay calm.

Remaining calm builds up my strength and confidence. A quiet mind brings me peace and happiness. It enhances my physical and mental health. It helps me to see my world and my choices more realistically.

To still my mind, I slow down. I take a step back from the daily rush and collect my thoughts. Downtime makes me more effective.

I focus on my breath and allow deep breathing to soothe me.

I face challenges head on and seek solutions.
I teach myself to be brave by proving that I can cope with whatever comes my way.
My faith in my abilities stabilizes me.

If my supervisor criticizes my performance, I use their feedback to excel the next time. If the airline loses my luggage in a foreign country, I visit the local shops and enjoy my vacation anyway.

I monitor my self talk. I choose words that are encouraging and cheerful. I manage my emotions. I accept that I feel uneasy or

irritable, but I choose constructive actions that enable me to regain my composure quickly.

I reduce stress. I relax my body and tune out distractions. I clear my mind with meditation and prayer. I take a long walk or a warm bath. I turn off my phone and savor the silence.

Today, I rejoice in feeling at peace. My mind is calm even in chaotic times.

Self-Reflection Questions:

1. What are 3 things I could do in the morning to help me feel calmer throughout the day?
2. How does anger rob me of my peace of mind?
3. How can I create calmer conditions in my workplace?

I use goal setting to counter uncertainty

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Life is filled with so many twists and turns. But I avoid getting confused and worried by the uncertainties. **My strategy is to set goals so I am prepared for whatever life throws my way.**

The economy is very unpredictable so I make sure I plan for that. My financial stability is the most significant priority so I am able to weather any financial storm.

I stick to the savings goals I set each month. **Before spending a cent, I put away a predetermined sum for rainy days.** This approach protects me from struggling when life throws a curve ball.

My emotional well-being is also a priority. Positive relationships add so much to my life, but I avoid relying on them for my happiness.

I spend time doing things that bring me fulfillment and joy. This approach allows me to maintain my peace of mind even when friends come and go. **Each day I plan to spend time with myself so I avoid being impacted by unexpected aloneness.**

Goal setting prevents disruptions from creating havoc in my life. I am calm and composed when hit by an unexpected occurrence. It is easy for me to resume normalcy because I am a planner.

Today, I acknowledge the effectiveness of planning for the unexpected. Each area of my life is important enough for me to plan for uncertainties. I am committed to setting realistic goals so I am able to maintain my peace of mind.

Self-Reflection Questions:

1. How do I recover when something happens that I am unable to plan for?
2. When is it necessary for me to set aggressive goals?
3. How often do I encounter uncertainty in life?

My unique skills are helping me reach new levels of success

My unique skills are helping me reach new levels of success.

I have unique skills that bring value to my work. My abilities are helping me climb and reach new levels of success. ***I am a valuable member of the team at work.***

My unique background and experience gives me a different perspective at work. I see how to solve challenges and complete projects with ease. My skills are appreciated by others because they see I care about my work.

I am advancing in my career with each step I take.

My unique abilities help me focus on daily tasks while planning for the future. I balance current needs with future strategies.

My bosses see my dedication at work and encourage me to continue. I bring positive qualities to each project we start and finish. I am reaching new levels at work with each completed project.

My coworkers encourage my success. They

see my abilities to reach new heights and help me achieve them.

My goal is to add new achievements to my career. ***Success is part of my overall plan for stability and financial peace.*** I work hard each day to provide for my family, and they understand it is part of my mission to triumph at work.

Today, I remember that my unique skills are an important part of my goal to reach success.

Self-Reflection Questions:

1. How can I use my skills to advance at work faster?
2. How do I ensure others see my contributions while keeping my humility intact?
3. How do I get my coworkers to contribute to my goals at work?

Positive energy surrounds me

Positive energy surrounds me.

I radiate positive energy. I connect to the beneficial forces that surround me.

I start my day with a boost from the morning sun. Drinking in sunlight helps me to wake up in the morning and sleep well at night. I take a run through the park or eat my breakfast in the backyard.

I enjoy encouragement and support from others.

My family and friends share my ups and downs. I celebrate my victories with them and count on them to lift up my spirits when I need a lift. I welcome feedback from colleagues at work. I use their input to enhance my performance and advance my career.

Spending time with children teaches me how to stay lively. I imagine seeing the world through their eyes. I become more curious and joyful.

Admiring the accomplishments of others drives me to put forth more effort.

I visit art museums and read the science section in my newspaper. Masterpiece paintings and scientific breakthroughs inspire me to discover and fulfill my own potential. ***I look for challenges that stretch my skills.***

I engage in positive thinking. I love and accept myself. I let go of resentments and regrets so I can concentrate on the present.

I focus on opportunities to serve others. ***Being generous builds my confidence and vitality.***

Today, I attract positive energy. I am a magnet for good vibes.

Self-Reflection Questions:

1. Why is positive energy contagious?
2. What are three things that fire me up?
3. What is the relationship between stress and positive energy?

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Closing Thoughts

You now have some methods and ideas that can help you in living a better fully more successful life.

However, nothing happens until you act. You can read all the self-help books in existence but if you do not take action, your life will never be different and the success you desire will be never found.

It is all up to you. We can give you the guides and advice which can move you forward.

The material in this ebook needs to be absorbed, analyzed and applied. Not all at once but gradually so that you do not get overwhelmed and quit. Read the book, think about it, make the gradual changes and then re-read the book again to make the next significant change to your life and lifestyle that moves you towards the better more successful you that you know is inside of you.

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About Us

Our purpose is:

“To help as many people as possible to become healthier, happier, wealthier and more successful in their lives through education and coaching.”

We truly believe in our purpose and we will use this blog to provide information, and resources on how to become a success in your life.

As indicated, we are a Life Coach. We are certified as a Life Optimization coach as well as a Law of Attraction and Law of Attraction Wealth coach. We can help you to overcome the blockages in your life that are holding you back from becoming more happier, wealthier and successful.

We are not counsellors nor are we psychiatrist or psychologists, we are guides. We do not give advice but help you to understand those issues in your life that are holding you back and put you on the track to overcome those obstacles.

Michael blogs at [You Are Success Life Coach](#) where you can read articles about success and learn how you can engage Michael to help you to become more successful in your life.

Michael W



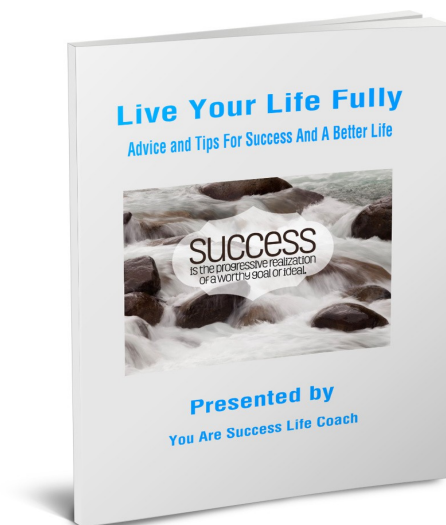
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Are You Ready To Learn And Do More To Change Your Life?

Now that you have worked through Reflections On Myself And My Life and thought about the changes that you need to make to become the new improved you, you may be thinking "where do I go from here?".

You can learn how to make the changes as well as learn more about other areas in your life that may be improved as well by reading

Live Your Life Fully - Advice and Tips For Success And A Better Life



In this ebook you will discover how to:

- Release Your Limiting Beliefs and Attract Abundance
- The 7 Mental Blocks That Limit Success
- Overcome Procrastination With Mini Tasks, and much more.

This ebook is packed with valuable information that can change your life.

Learn more and order your copy at [Live Your Life Fully](#).

Learn more about Life Coaching and how it can help you to be a better you