

I AM LIVING THE AMERICAN DREAM

As I think about my life, I reflect on the journey I am experiencing with a smile on my face.

Somehow, I always manage to see the brighter side of the picture, no matter what challenges come my way.

Due to my perseverance and upbeat attitude, I am becoming a highly successful individual. I have a loving family, promising career, and beautiful home.

My family is my reason for getting up in the morning. I am raising beautiful, intelligent and caring children. And I am also blessed with a beautiful and devoted spouse. I can overcome my home and family challenges with grace by keeping my eye on the big picture.

I live in what I consider to be my dream home. Our home meets my family's needs and is very comfortable, while my neighborhood is friendly and safe.

My marriage is undeniably filled with love. Yes, we disagree from time to time. But we work out our disagreements with a smile and consideration for the other's point of view. I wake up alongside the person of my dreams each morning and I am as happy as I can be.

My career is exciting and fulfilling. I rejoice in my successes, knowing that they are the fruit of a lifetime of labor. I know that I am accomplishing great and worthwhile things with my life.

I am living the American dream. My life is filled with abundance, love, and peace.

Today, I stop wishing for more and realize that I am content with all that I have. I choose to enjoy and live in the present, perfect moment.

REFLECTION QUESTIONS

1

What aspects of my life make me feel that I am living the American dream?

2

How does my positive attitude and perseverance contribute to my success and happiness?

3

What can I do to continue nurturing and appreciating my family and career?