

MY MINDSET CONTROLS MY REALITY

The mind is a powerful thing. My mind can be my biggest ally, accelerating my desired results, or my worst enemy, hindering my outcome.

My mind is selective in its choices. When I am feeling confident and prepared, my mind advises me to push through, regardless of difficulties, because I have the tools to succeed. However, when my thoughts are driven by fear, my mind convinces me to avoid the risk.

I am certain that my mindset controls my destiny. I can choose to settle for whatever I can get in a timid mindset, or thrive and reach my fullest potential by keeping positive thoughts.

The choice is easy. I choose to reach my fullest potential!

Success is a matter of mindset. Mind over matter is the name of the game! By turning my confidence into high gear, I place my mindset in a positive zone. This allows me to strategically plow through my challenges.

I let go of negative thoughts and consciously maintain a positive mindset. Not only does this give me a confidence boost, but it also allows me to shine in situations where others typically allow their insecurities to inhibit their results.

My positive thoughts motivate me in all situations. Because I am in a nonstop "I can do it!" mindset, I gracefully overcome hurdles that are set in my path.

Today, I remain focused on my goals by maintaining a positive mindset. I believe in myself and I am free from the heavy chains of insecurity.

REFLECTION QUESTIONS

1

How can I cultivate a positive mindset to achieve my goals and overcome challenges?

2

What practices help me to let go of negative thoughts and maintain a confident, positive mindset?

3

How can I use the power of my mind to shape my destiny and reach my fullest potential?