

# I STRIVE FOR GREATNESS AND SET HIGH STANDARDS TO ACHIEVE EXCELLENCE

By focusing on quality, I ensure my well-being and build a record of performance that broadens my opportunities. I believe that ordinary things can be done extraordinarily by living up to my potential and making my life meaningful. Obstacles and setbacks are opportunities to learn and experiment with new approaches.

I remove distractions and minimize the time spent on activities that don't contribute to my goals. I welcome feedback and constructive criticism to leverage my strengths and correct my weaknesses. Rather than competing with others, I aim to surpass my previous performance and pursue my definition of success.

I understand that authenticity is an essential component of excellence. Being true to myself and my values allows me to achieve my goals while maintaining my integrity. Striving for excellence is more constructive than pursuing perfectionism, which can be self-defeating and hinder progress.

Today, I reaffirm my commitment to personal excellence. I put my heart into my work and earn the trust of others. My attitude and accomplishments make me feel powerful and alive, knowing I can achieve great things.

## REFLECTION QUESTIONS

**1**

How can I balance my pursuit of excellence with self-care and relaxation?

**2**

How can I maintain my authenticity while striving for excellence?

**3**

How can I use my pursuit of excellence to benefit others and make a positive impact on the world?