

## I THRIVE UNDER PRESSURE

Pressure has the ability to bring out the best in me. It reminds me to focus on one day at a time and stay as calm as possible. Pressure brings clarity; ultimately, I feel more centered and at ease.

When I feel pressure, I accomplish more work. I use it as motivation and as fuel for my success. The energy that pressure generates helps me do my best and accomplish more than I thought possible.

I remind myself that pressure is a product of my beliefs and focus. I can control how much pressure I feel by changing my perspective. I keep a light and comfortable mindset in any environment or situation, and I take control of my emotions.

I avoid the need to be perfect, which allows me to feel less pressure than most people. I can relax and do my best, regardless of the pressure I might be feeling.

I recognize that excessive stress can negatively impact my happiness and health, which are top priorities for me. Therefore, I make the decision to be happy and healthy above everything else. I keep my stress levels under control, allowing me to thrive under pressure.

Today, I choose to smile and use any pressure I feel to my advantage. I do my best work, and I relax and enjoy the moment. I work well under pressure.

# REFLECTION QUESTIONS

**1**

When do I feel the most stressed, and why?

**2**

What are some strategies I can use to relax when I am feeling pressure?

**3**

How does pressure impact my life, both positively and negatively?