

# AFFIRMATIONS

IMAGING, ACHIEVE

*Stay inspired!*

I redefine success.

I pursue my own personal goals. I accept myself as I am and challenge myself to keep growing. I validate myself instead of seeking approval from others. I recognize my own power and worth. I live up to my inner standards rather than feeling trapped by external expectations.

I keep material things and social status in perspective. I search for deeper meaning and fulfillment in my life.

I examine my most rewarding achievements. I focus on my priorities and strengths. I manage my time so I can devote my resources to the activities that are important to me.

I learn from experience. Any situation can teach me something if I keep an open mind.

I practice self-care. I stay strong and motivated by giving my mind and body the resources they need. I manage stress, work out, and eat a healthy diet.

I look for opportunities to help others. Giving makes me happy and provides me with a sense of purpose. My own troubles seem less significant when I focus on others, and I enjoy repaying others for their kindness.

I meditate daily. I deepen my understanding of myself and my desires. I notice the things that bring me joy and peace of mind. I make smarter choices and develop positive habits.

Today, I choose activities that align with my values and bring me closer to achieving my goals. I create a life that is meaningful and rewarding for me. I feel successful and complete.

Self-Reflection Questions:

1. Why is the search for meaning valuable in itself?
2. What are 3 words I would use to describe my authentic self?
3. What kind of legacy do I want to create?