

# Personal Reflection Exercises...

## I live each day on purpose.



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I prevent my days from turning into weeks, then months, then years, by setting out to live each day with a plan and purpose.

***I refuse to allow life to happen to me while I simply react to it.*** Armed with a plan and the knowledge of my purpose, I greet each day ready to do what I need to do.

When I think of the year ahead of me, I want to make every single day count, starting with today. Living each day on purpose puts me in the driver's seat of my life.

Every decision I make, I make intentionally, with the goal of getting one step closer to fulfilling my purpose. I have become proactive by eliminating my habit of putting things off until later.

***Haphazard living is over for me.*** I am an adult fully capable for taking charge of my own life. The power to change my days lies within me.

***I have removed myself from the sidelines and I have become an active participant in the game of life.*** Instead of watching my life unfold, I am now the co-author of my life's success story.

My friends and family are cheering me on as I make life-changing decisions. They support my plans to better myself and are inspired by my progress. My loved ones begin to take charge of their own lives, also, as they see my success.

Today, I choose to take action and do what needs to be done today. The "catch-up" game is over and I am in control of my destiny.

### Self-Reflection Questions:

1. How can I better plan my days for success?
2. How can I make my life count today?
3. What is one thing I have been putting off that I can accomplish today?