

# Personal Reflection Exercises...

**Each baby step I take brings me one step closer to the more successful me.**



**Each baby-step I take brings me one step closer to the more successful me.**

When I allow myself to improve little by little, I am sculpting the more successful *me* that I desire.

Just as a baby learns to walk by first taking tiny steps, I can grow into the traits and develop the successful attitudes I desire by making small changes.

Each change may seem like only a baby-step at the time, but every step builds on the one before it. Soon enough, baby-steps turn into confident strides!

***I let go of the thought that I can change overnight and choose, instead, to accept nature's pleasant way of bringing about change.***

If I wish to become more joyful, I can start by feeling gratitude and giving thanks for the blessings in my life - even the small ones.

If I want to acquire the attitudes and successes of the wealthy, I can read stories of those I want to emulate to learn how they think.

If I desire a job that requires more education, I can enroll in some classes to get me started on the knowledge that can propel me into the career of my dreams.

***I know that every small step brings about positive changes*** that can help get me to where I want to be. Trying to take steps that are too large for me leads to unnecessary stress and worry. Baby-steps, on the other hand, bring me success!

Today, I choose to take at least one small action toward my goals. I feel grateful knowing that it is a baby-step that brings me one step closer to the success I deserve.

## **Self-Reflection Questions:**

1. What baby-steps am I taking to bring me closer to my goals?
2. Do I have the patience to let my skills develop fully into those I desire?
3. What is my vision of a more successful me?