

Personal Reflection Exercises...

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I refuse to allow my life to be dictated by the fancies of every whim that comes along, running to and fro, trying to please everyone at every moment. Instead, I choose the order that comes with effectively setting my goals and pursuing them.

No longer am I a leaf scattered by the wind. ***I know what I want and I go after it.***

I set my goals according to my dreams and make them priorities in my daily schedule. I choose goals for every area of my life, both business and personal, and write them down. Then I allow myself the time to work on achieving them every day.

I make a task list for each day to establish my routine. My list includes routine chores, work activities, leisure time, and other tasks that bring me closer to achieving my goals. First and foremost, though, my day starts off with some easy tasks to get me going.

Once I build up some momentum with quick and easy tasks, I am ready to tackle the more difficult ones. My momentum helps me take on the challenges of the harder tasks, and my perseverance helps me keep at them until they are complete.

I keep focused on my goals to deal quickly with distractions and get back to my schedule. ***I also allow some leeway in my routine to give me time for the distractions of the day without losing sight of my priorities.***

Today, I recognize the importance of my goals and make them my priorities in my schedule. With a carefully planned to-do list, I can dismiss distractions and focus on what I really want.

Self-Reflections Questions:

1. Do I set realistic goals and make my success a priority?
2. Have I allotted time in my schedule, today, for working on my goals?
3. Do I let distractions steal my focus?