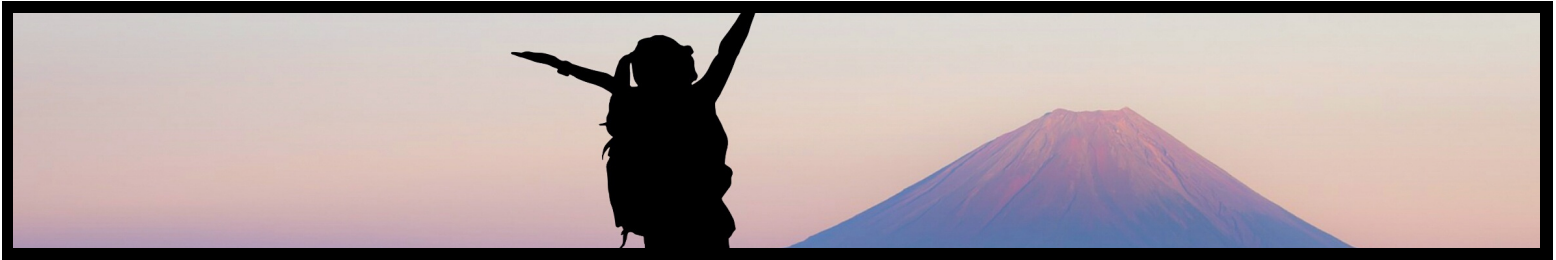


# Personal Reflection Exercises...

## I judge my success by my own standards



I judge my success by my own standards.

Outside influences rarely determine my success because it is driven by my standards. **I set my own definitive scale of measurement for how well I do in life.**

Society tries to tie me to certain standards for success, but I avoid falling into the trap. I know that the easiest way to feel unfulfilled is living according to the ideals of others. My focus is on living an authentic life that I am able to confidently stand behind.

My peers realize some achievements before me but I avoid feeling less accomplished. I know that there is a time and season for each experience in life.

**I give attention to my own goals and work hard to achieve them.** The noise from outside influences rarely gets me to lose focus.

The experiences of others sometimes serve as teaching tools. I use their examples to help me to know whether I am on the right track. Even so, I

avoid looking at their result as my standard for success.

Today, I commit to remaining focused on my internal standards for success and decide for myself which goals I want to pursue. I am unfazed by the achievements of others, and I avoid comparing myself to them.

### Self-Reflection Questions:

1. How do I arrive at the standards for success that I set for myself?
2. How do I determine when it is time to adjust my standards or my goals?
3. How do I react when I am unable to achieve success as planned?