

Personal Reflection Exercises...

I SHOW UP



I show up.

Showing up is my key to success. I know what I want and I go after it. I participate fully in life. I am determined to be ready when opportunity knocks.

I remember my purpose. I practice self-discipline. Even if I am tired or down in the dumps, I make a commitment to stay on track. I stir up my motivation by focusing on the reason behind my actions. I savor the satisfaction that I feel when I do a job well.

I manage my time. I set priorities so I can attend to the activities that really matter to me.

I put forth the effort. I give myself credit for my hard work regardless of the results. I regard myself as a winner as long as I keep practicing.

I create momentum. Taking the first step makes it easier to take the next one. I persist through obstacles and delays.

Showing up gives me a chance to move on to greater victories.

I hold myself accountable. I take responsibility for my choices and the way I respond to challenges. I refuse to put things off. I plan ahead and stay on top of my to-do list. **I pile up accomplishments instead of excuses.**

Today, I let the world know that it can count me in. I master the art of showing up.

Self-Reflection Questions:

1. How do I define showing up?

2. How does showing up help me to discover more opportunities?

3. What is one area of my life where I want to show up more fully?