

Personal Reflection Exercises...

Dreams Turn to Achievements when I set Meaningful Goals



Dreams turn to achievements when I set meaningful goals.

When I close my eyes at night, I look forward to dreaming. Conscious and sub-conscious thoughts about achieving beautiful things serve as encouragement. **Dreams turn into achievements when they are driven by attainable goals.**

I constantly dream as I go through my days. It is a reliable way to ensure that I maintain focus on what I am setting out to achieve.

I keep my mind on the prize. My daily activities are geared towards those achievements of tomorrow. It is exciting to tick smaller targets off the list because doing so takes me closer to my bigger goal.

Dreaming allows me to picture myself in my new situation. **Seeing myself attain personal and professional feats brings surreal excitement.**

That excitement is renewed each time I contemplate my journey towards success. It encourages me to refine my goals when I experience delays. I work smarter instead of harder when I have a particular mission at hand.

My creativity multiplies when I consider my potential success. Willing things into being is possible when I use my talents to plot a path towards achieving them.

Today, I celebrate the fact that I am a dreamer. Envisioning wonderful things happening in my life is motivation to achieve them. I am happy to keep dreaming because I have the potential to turn those thoughts into reality with a solid plan.

Self-Reflection Questions:

- 1. How do I differentiate between lofty dreams and achievable ones?**
- 2. How much emphasis do I put on finding a way to pursue goals that are intimidating?**
- 3. How realistic am I when I set smaller goals aimed at achieving a larger goal?**