

Personal Reflection Exercises...

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I put an end to self-doubt through renewed optimism. True belief in my abilities gives me the confidence to conquer fear and spring into action. I live a life free from regret because I am willing to take risks.

Instead of thinking negatively and talking myself out of my ideas, I convince myself to embark on new journeys. Fresh challenges are appealing to me because I enjoy the thrill of a new adventure more than I fear the unknown.

I take chances by acting based on my instincts instead of rationalizing every detail of my decisions because sometimes opportunities are inexplicable. The only way I can achieve the unfathomable is by believing it to be possible.

When I combine fervent faith with active determination, the possibilities are endless. I act because I expect amazing things to result out of my actions. It is that anticipation which propels me to jump into action when others waiver in doubt. I choose to focus on how something *can* be done rather than on current constraints.

I draw a clear line differentiating between what I consider being reckless and taking a calculated risk.

Although I must often venture beyond my comfort zone to seize opportunities, I stop short of violating my peace. I give myself time to take up challenges at a manageable pace.

Today, I choose to lay fear and pride aside and dare to act in an unexpected way. By doing something I have never done before, I reap results superior to any previous achievement.

Self-Reflection Questions:

1. How can I prevent another opportunity from slipping through my fingers?
2. Why should I focus on future possibilities rather than current constraints?
3. In what area of my life do I need to allow optimism to triumph?