

I BELIEVE I CAN DO ANYTHING.

I am limited only by my own beliefs and I believe I can do anything. What one person can do, another can do too.

I know that anything worth getting in life takes hard work and perseverance. However, I can make such tasks look easy because I have an excellent work ethic. I think that if something is worth doing, it is worth doing well, so I naturally work hard at it.

When I focus on positive thoughts, everything seems to fall into place.

I remind myself of my amazing feats and realize that I am immensely capable. I possess unique talents that the world desperately needs to see, and I am willing to share them.

I look forward to achieving even more. My future is headed in a positive direction. I am so excited to see where I end up.

I am pushing away any limiting beliefs about myself.

I am free of all self-doubt and criticism. I am looking forward with only positive expectations.

I have goals and know I can achieve them. I have the ability to do and be anything I want. I have great plans and know that I can be successful. **Great things are inside of me.** I am capable of working hard and becoming a better version of myself.

Today, I choose to focus on my amazing capabilities. I am moving forward and claiming my future. I am full of confidence. I believe I can do anything.

SELF-REFLECTION QUESTIONS:

1. How would I feel if I knew I could be free of failure?
2. What would change if I had more belief in myself?
3. What impressive accomplishments have I already achieved?