

# I BELIEVE IN MY OWN ABILITIES.

I am capable of so many things!

My talents and skills combine to help me do good things for myself and others, and I am proud of what I have to offer the world. ***Whatever comes my way, I can accomplish what I set out to do.*** I believe in my own abilities.

Each day of my life, I grow in some way. I put my best foot forward and learn from everything that comes to me. Because I can grow from even the most challenging situations, I know that I can rise to any occasion.

***I am capable of more than I can even dream of today, and I look forward to seeing those abilities manifest.***

If I ever feel like I am doing less-than-fabulous work, I give myself a breather. Sometimes a little time away is enough to give me the perspective I need to approach a task in a new light.

During this time, I think about my past successes. This helps me remember my own capability, so when I return to work, I feel good about myself.

I have accomplished so much in my life. This is due, in no small part, to my innate talents. But I have also learned many skills that help me achieve my goals. Whether working on my own objectives or being of service to others, everything I do helps me to do even better tomorrow.

*Today, I am thankful for all of my skills and talents.* I am confident in my ability to reach my goals. Each day, I remind myself of what I do well, which encourages me to move forward with positivity.

## **SELF-REFLECTION QUESTIONS:**

1. What are three things I do very, very well?
2. What challenges am I most proud of having overcome?
3. How can I continue to increase my confidence in my own abilities?