

I AM ABLE TO CONQUER DESTRUCTIVE HABITS.

Like everyone, I occasionally experience urges to take a negative path. However, I am immediately conscious of them and refuse to allow them to rest in my mind. My inner desire to always feel at peace wins in all circumstances.

If I ever feel frustrated or inadequate, or I think I may want to give up, I throw my hands up in praise to the Creator instead. I acknowledge that my challenges serve as fuel to keep me moving forward. ***I know that success is my destiny - today, tomorrow, and the next day.***

When I am tempted to combat negative actions with negative reactions, I stop in my tracks. I recognize that fueling the fire only encourages unpleasant feelings

and contributes to broken relationships. Because I enjoy positive relationships, I do what I can to nurture them.

I acknowledge that whatever angers me, conquers me, so instead I choose to conquer any desire I may have to react negatively. When I feel my brow knit and hear my tone deepen, I recognize that destructive behavior may follow if I stay on the same course.

Therefore, I dispel the urge to shout, curse or say unkind words. I replace those behaviors with soft answers and patient understanding. *I realize that every action has an equal and opposite reaction.* That law of physics dictates how I react and respond.

Today, I firmly put aside any destructive habits that may tempt me. I bid them farewell because I know from experience that healthy, beneficial behaviors feel much better. I like the results I get from being positive and strive to cultivate that experience in all situations.

SELF-REFLECTION QUESTIONS:

1. How much influence do my loved ones have on my destructive habits?
2. In what ways can my example of constructive behavior help others around me?

3. How do I feel when I take the high road?