



SPEAKER, CORPORATE TRAINER, AUTHOR

# MY SMALL SUCCESSSES ADD UP TO BIG PROGRESS.

I affirm that I AM making progress on my goals, even if that progress may seem small and relatively insignificant.

I choose to celebrate my small wins, knowing that each small win brings me one step closer to my overall goal.

I refuse to criticize myself for what I perceive to be a lack of progress. Instead, I focus all my attention on the small steps forward I am taking because each small step forward is a victory.