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I know that good things may take time to achieve. I take pleasure in making an effort and working for the things I want.

Effort translates good ideas into tangible results. I apply my skills and knowledge to accomplish my goals. I am grateful for the guidance and assistance I receive from others, but I also know I have to learn on my own.

Effort enables me to take risks. I praise myself for taking on challenges, regardless of the immediate results. I look for work in a different field or take on a difficult project.

Effort makes me brave enough to fall down. I am strong enough to pull myself back up.

Effort helps me to persevere. I refuse to give up. I call a client back in six months if my original proposal is turned down. I adjust the recipe if my first batch of low-fat cookies turns out too dry.

Effort prepares me to seize valuable

opportunities. I understand my strengths and talents, and I know how to use them.

With effort, I can transform habits that interfere with my goals into positive actions that take me where I want to go.

Today, I use my body and mind to the fullest. Effort turns my dreams into reality.

Self-Reflection Questions:

1. What role does effort play in reaching my goals?
2. Why is it more satisfying to succeed at something that requires effort compared to something that is easy?
3. What is one area of my life where I want to put forth more effort?