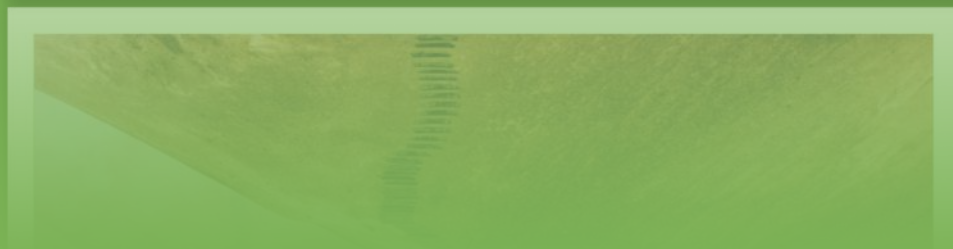


MODULE FOUR

Stepping Stone 45

Believing In Myself Makes Me Feel Invincible



Believing In Myself Makes Me Feel Invincible

I am my biggest fan! ***I know that I am a superstar at whatever I set my sights on.*** I believe in myself and my ability to do anything my mind conceives. And when that self-confidence abounds, I feel invincible!

When I believe in my innate potential, that belief cannot be diminished. ***Even when others express doubt in my abilities, I stand firm in support of what I know I can accomplish.***

I am just as worthy of success as anybody else. When I declare it, I know my next step is to expect it. My expectations of greatness and unparalleled success are enough to make it a reality.

I am a self-motivator. I spend time telling myself that I can achieve what I want and become who I want.

I go through that reassurance process every morning when I awake. I use every rising of the sun as an opportunity to strengthen my resolve.

I know that I am able to take on life's challenges without reaching a breaking point. When I feel close to losing control, I can rely on my inner resolve to renew my strength.

Today, ***I know I am capable of anything I put my mind to.*** I commit to believing in myself and attacking situations with gusto.

I continue to build my armour of confidence so I know that nothing can defeat me.

Self-Reflection Questions:

1. Am I discouraged when others doubt my abilities?
2. Are there lessons to be learned when I am unable to hit a target?
3. Is there ever a time when I feel unsure about being able to accomplish something? If so, how can I strengthen my resolve?