



Each day is a new opportunity to practice good habits.

I am excited by each day. Whatever I did yesterday is gone and no longer has any hold on me. Who knows what might happen tomorrow! Therefore, all I have is the present and I plan to make the most of it.

Part of making the best out of today is taking every opportunity to create habits that I want to have in my life. And habits do take practice to form. With each behavior I reinforce repeatedly, I start or continue a pattern. I want to only engage in actions that serve me, so I stay conscious about each thing I do.

With each intentional act I make, I gain confidence in my ability to effect positive change in my life. No matter what, I know that I can learn to make the best decisions possible, regardless of my circumstances.

If I find myself engaged in behaviors that are less than supportive of my highest vision of myself, I choose to take different actions next time. And as long as I am alive, there is always a “next time.”

Today, I am thankful for my good habits. I joyously put myself into every chance I get to make new ones. This is a daily practice for me, since each day is a new opportunity for me to practice good habits.

Self-Reflection Questions:

1. What are some good habits I already engage in daily?
2. What is one thing I would like to change in my life that I can take action on today?
3. How do my good habits support my sense of self?