

# POWER STATEMENT

Remind yourself: What is your goal?

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Remember: How will reaching your goal improve your life?

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Close your eyes for just a few seconds and imagine you have met this goal. Notice the sensation of strength and pride at the accomplishment.

Where in your body do you feel the success of meeting your goal?

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Describe the feeling:

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Create a statement to motivate you through uncertainty. Keep it short so it's easy to remember.

For example:

My goal is my strength, and I call on those feelings now to refocus my thoughts.

I am making positive progress! It's not about being perfect. I will stay focused on my goal.

It is easy (fun, empowering, motivating) to make positive change. I do it one small step at a time.

I am in control of me! Stay focused!

I've got this!

Now write your own power statement(s):

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