

CHALLENGE TO EXCELLENCE

Never Give Up On Yourself!

Two big ideas:

- There is no such thing as failure.
- You will be a success to the degree that you persist.

Think of some goals you want to accomplish. Write a page of affirmations about those goals.

Begin every affirmation with "I am." Write your affirmations in the present tense because "we stimulate the same brain regions when we visualize an action as when we actually perform that same action." Again, "you become what you think about all day long."

I am excited that I: _____

I am happy that I: _____

I am motivated to: _____

I am thrilled that: _____

I am eager to: _____

I am inspired to: _____

I am determined to: _____

I am delighted to: _____

I am resolved to: _____

Never give up. Most successful people must work hard to accomplish their goals.

Success is not an accident; success is a choice. Stephen Curry, who plays for the Warriors, is one of the best basketball shooters on the planet because he made the choice to create great habits. Your success in life is the sum of the habits you create. If you look at the most successful people in the world, you will see that they have habits that they practice every day.