

# I COMMIT TO PERSONAL GROWTH

## **I commit to personal growth.**

I know it is important for me to be vigilant about improving my game. I stay consistent and persistent in achieving my goals. I stay on target.

I find ways to take my determination to new heights. I find positive people to keep me motivated. I relinquish outdated forms of motivation to get ahead of the game.

I recognize that in this New Game of Life, I need to be "all in". I stay present with the trends and get out ahead of them. I take the reins of leadership in my hot little hands.

Just as in video games, where the players keep going up to higher levels, **I keep my eye on the prize.** My goals are within reach. I am positively motivated from within.

I read about the latest and greatest leaders in my field. I study what makes them tick. I try some of the same success strategies to see if they can work for me, too.

I use my time wisely. **I make the most of every moment.** I follow people who uplift

me. I then, in turn, lift others.

In order to be a top performer in my field, I ensure that my body is in tip top shape. I eat foods that nourish my body and mind. My mind is sharp as a tack. I am on top of my game.

## **As I keep raising the bar for myself, I become a peak performer.**

I rise to every occasion. I surprise myself with my incredible stamina. I am determined. I am strong-willed. I have everything it takes to do better than my previous best.

Today, I am proof that personal growth is a life-long legacy.

## **Self-Reflection Questions:**

1. What is one step I can take today to personally grow?
2. What books can I read to help me grow?
3. How can my legacy inspire others?

Website: <https://1111newme.com>

Email: [lesahammond@1111newme.com](mailto:lesahammond@1111newme.com)