I have the power to change myself.

Everything I need to transform my life is already at my fingertips. I have all the resources necessary to make a positive change in my life.

Changing is the basic human condition that many find challenging. ***But where others may struggle, I thrive and overcome.***

I have already changed myself many times. I can walk. I can talk. These are drastic changes that I brought about in myself. I know how to change myself.

I am a strong person with the courage to change. I know what I want in my life and I am becoming the person I need to be. I am becoming exactly what I want to be. I notice change in myself on a daily basis.

When I face an obstacle, I remind myself that my ability to change is so great that there are no real obstacles. I overcome any perceived obstacles powerfully and easily. I just keep moving forward confidently and competently.

Changing is easy for me. I have a plan, willpower, and many supportive friends. I make the time I need to bring about change. ***I am simply unstoppable.***

Today, I am seizing every opportunity to change myself to move toward the life I desire. I am powerful and worthy of a great life.

Self-Reflection Questions:

1. What are some big changes I have already made?
2. What additional changes should I make?
3. What would my life look like if I became the person I want to be?

MATT EPISCOPO