

MY DAILY AFFIRMATION TO KEEP ME YOUNG

I am a healthy _____ year old _____ pursuing the next phase of my life. Remembering that my age is not an excuse or a limitation - it's actually an advantage. My age and my life experience enable me to make good life decisions - like maintaining my physical health, having healthy relationships - and having my finances in order.

If I cultivate the thoughts and habits of the person I want to be, I'll get the results I want to get - personally and professionally. **It's my responsibility** to build strong relationships - to create healthy habits and to be financially literate - to know how to manage my money/income in the years ahead to make sure _____ and I can live comfortably as we age. There is NO excuse for not doing this - the online resources are readily available - and massive.

God has blessed me with health, an amazing family and a good mind.. I can honor God by using those gifts for His glory and to leave a positive and encouraging legacy here on earth.

Life is all about *continuous improvement - life-long learning*

I am response - able

I am 100% responsible for my success, for my failure and for my personal development. I'm responsible for for being a godly person - or not.

I've created the life I have now - I am creating the future I want for me and _____. I am grateful for another day of life and another day of opportunity.

I am COMMITTED to do what I have to do - to lead the life I want to live in 2020

I use my innovation and creativity themes to create the life I want to have. I dedicate time to my morning routine everyday - its important to remind myself daily of who I am and what I want to achieve.

PERSONNALLY - I have the power to change whatever I want to change about my life

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