

## *This Week...*

- **I will plan ahead.**
- **I will make commitments.**
- **I will be accountable.**
- **I will make progress.**
- **I will act with courage.**
- **I will visualize myself achieving my goals.**
- **I will build upon my results.**
- **I will create more opportunities to succeed.**
- **I will enlarge my network of ideas and people.**
- **This week I have no excuses.**