**WHAT YOU SUPPLY**

A bit of ancient wisdom says, “If you do what you’ve always done, you’ll get what you’ve always gotten.” This means that if you want to improve your life in any way, you must change your thinking and attitude, as well as your behavior. Through these changes, you can take control of your life and direct yourself toward the goals and objectives that are important to you.

**12 AFFIRMATIONS OF A WINNER**

1. Winners can be recognized by their attitudes. They are consistently positive in their thinking.
 *I expect each day to be a day of achievement. I look for positive results and take action to
 produce them.*
2. Winners are willing to pay the price for success.
 *I do whatever is required to achieve my goal. I take action willingly and enthusiastically.*
3. Winners make a personal commitment.
 *I am committed to the achievement of my goals, I stick to my purpose until it’s accomplished.*
4. Winners accept personal responsibility for their actions.
 *I am responsible for my goals, for my actions, and for the results I obtain.*
5. Winners expect to succeed. They live with positive expectancy.
 *I know I am a success because I am moving toward chosen goals.*
6. Winners use their creative ability.
 *I am creative. I can figure out a way to reach any goal that is personally meaningful and
 worthwhile.*
7. Winners take positive actions that reflect their commitment and personal responsibility. *I take action to move toward my goals without waiting for someone else to tell me what to
 do. I know what to do because I have worked out a plan of action.*
8. The results obtained by winners are above average. Their progress is consistently forward, and the rate of their achievement is often faster than normal. *I achieve challenging goals. I move forward at an exciting pace, I overcome obstacles, go
 around problems, and bypass difficulties and discouragement.*

 *I CHOOSE TO BE A WINNER!*

You have within yourself seeds of greatness. You were born with the potential to succeed. You can refuse to believe in your potential, neglect it, and never know the exhilaration of being the best you can be, or you can choose to believe in that potential and use it to rise to new levels of proficiency, performance, and productivity. Refuse now to accept anything but the very best from yourself. When you believe in yourself and the capabilities your Creator endowed you with, and capture the power of positive expectancy, you gain the slight edge – a powerful competitive advantage! Visualizing the rewards of success, it is a concrete step toward achievement. With the staying power of strong commitment, you can become whatever you dream.

**ACHIEVING A BALANCED LIFE**

Gaining the slight edge is promoted by achieving a balanced approach to life. Becoming a Total Person\*, in turn, is facilitated by setting and achieving goals in every area of life. Each human being is a complex personality of attitudes, abilities, needs, and potential in every area of life: Family and Home, Financial and Career, Mental and Educational, Physical and Health, Social and Cultural, and Spiritual and Ethical. When your goals program takes into account all the areas of your potential, you find it possible to develop a style of life that brings you full and lasting achievement, satisfaction, and happiness. You find yourself enjoying the benefits of pushing toward the leading edge in all areas of your life.

WHEEL OF LIFE

MENTAL & EDUCATION

FINANCIAL & CAREER

FAMILY
& HOME

**YOU**

PHYSICAL
& HEALTH

SPIRITUAL & ETHICAL

SOCIAL &
CULTURAL