



EMPTY NEST INSIGHTS

I have the power to reach my goals

For the last several months I have been working on my writing skills by starting a blog, which turned into writing a book, which turned into starting a Facebook community. It all started one morning when I woke up feeling inspired. Have you had those moments of clarity when you knew exactly what you were supposed to be doing in that exact moment? Creativity pours out and you can hardly get all of the ideas down on paper! Then hours later, you're exhausted, yet feeling accomplished. It's an exciting time! But that is not the case everyday. Sometimes fears and doubts creep in. I recently published my second book and I was so excited! I spent hours designing graphics that would announce this new project to the world. I agonized over the colors and the placement of certain elements. I sent an untold number of samples to my best friend, who was hard at work on the job, for feedback and advice. Let me tell you about the joy I felt when it was received with love and encouragement! My Facebook friends were sharing the post with their friends and people were offering congratulations and promised to order the book! At the end of the night, after I finally posted all of the replies, I sat at my laptop and cried.





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In one moment, everything had changed. I started telling myself that this is only my second book, I've had no formal training, nobody wants to hear what I have to say, the book is terrible, it's poorly written, and everyone is going to know I'm a terrible writer. I allowed fear and doubt to sneak in.

How often do we allow our fears and unbelief to rain on our goals? It happens so quickly that we can be dragged down into a hole of self-pity.

But...

When you know The Great I Am, you can call Him by name. In this moment, I called out to Jehovah-Shalom (The Lord is Peace) and He showed up for me! I quietly started to hum the words of a song, *"Sometimes you have to encourage yourself... Speak over yourself, encourage yourself in the Lord."* While doing that, I opened an app on my phone, looking for the words I needed. I found Philippians 4:6 *"Be careful for nothing; but in every thing by prayer and supplication with thanksgiving let your requests be made known unto God."* Careful here means anxious. God reminded me that there was no need for the anxiety I was feeling. I simply asked that He allow it to help exactly who He designed it to help and I thanked Him for allowing me to complete the book.

My goal is to be a support for people during times of transition. As people journey on their various paths, I want to be there to encourage and cheer them on, each step of the way. Now, on to the affirmations!





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I have the power to reach my goals.

I know what I want to accomplish in my life and I have the ability to do it. I have a plan to reach my goals and each day I get a little closer to achieving them.

I awake each day with renewed strength and determination. I refuse to be side-tracked or discouraged. **Regardless of what happens, I am confident that my goals can be achieved.**



My faith acknowledges that my goals are worthwhile. Everywhere I turn I encounter others who share my beliefs and work to help me achieve my goals.

My goals are pure and bring blessings to myself and others as I work to obtain them. My life is as much about the journey to achieve my goals as it is about the goals themselves.

"And whatsoever ye shall ask in my name, that will I do, that the Father may be glorified in the Son." John 14:13

Even when challenges, setbacks, or hardships occur, I am resilient and I keep working towards the fulfillment of my goals.

I have the power to achieve any goal that I set for myself.

Today, I am taking the steps that are necessary to reach my goals. Each day, the path to accomplishing my goals becomes easier and I am filled with excitement and energy as I taste the sweetness of success.

Self-Reflection Questions:

1. What steps can I take to eliminate distractions from my goals?
2. Who can I call upon to help me achieve my goals?
3. What steps do I need to take each day to draw closer to my goals?