

"Appeal"ing Affirmations

**My hard work
always pays off.**



My hard work always pays off.

My rewards are always determined by the amount of effort I put in. When I value the results of a task, my efforts are greater, and so is my reward. For this reason, when I choose to do something, I always find a reason to care about it so that I do it well.

Every day, I instill in my family the importance of working hard. I show them real examples of great things that come out of going the extra mile. I use every opportunity to celebrate with them the rewards earned from hard work. **My efforts to highlight the benefits of this positive virtue teach them that it is the right thing to do.**

I recognize payoffs that come in different forms. I know that not every situation results in financial benefit, and I am okay with that. **My happiness and satisfaction come from a wide range of sources.**

I am particularly elated when my hard work results in recognition from others and a feeling of pride. **I believe that recognition of my success is of far greater worth than any financial reward.**

Today, I vow to continue giving my all in every circumstance. I know that there is a matching reward at the end of the road that makes all the sweat worthwhile.

Self-Reflection Questions:

1. Do I always have the energy and drive to work harder?
2. Do I share my experiences of being rewarded for hard work with my family?
3. How do I react when my hard work and effort are not rewarded in the way that I expect?

