

# GLOSSARY

**affirmation:** a positive statement repeated daily to encourage and strengthen one's efforts to achieve a goal.

**aggressive:** behaving in a hostile manner; likely to attack or start a fight.

**alternative:** the choice between two similar things; another possibility.

**assertive:** behaving or communicating in a clear and positive manner; confident.

**attitude:** an opinion or a way of thinking.

**characteristic:** a feature that helps to distinguish a person or thing.

**goal:** the purpose toward which an endeavor or effort is directed.

**mission statement:** a statement that defines a principle, belief, or purpose.

**objective:** something worked toward or aimed for; a goal or purpose.

**persevere:** to persist in any purpose or enterprise; to continue striving despite difficulties.

**prioritize:** to deal with in order of importance.

**realistic:** based on things as they really are.

**visualization:** 1. to form a mental image of. 2. to conceive an image or a picture of, especially as a future possibility.