

Personal Reflection Exercises...

I am committed to my relationship, my responsibilities, and myself. By being committed to these things, I am whole.



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I am faithful to my relationships because my family and I together are strong. My partner is my best friend. We lend our strengths to one another and fill each other's gaps. ***My relationships complete me.***

I am dedicated to my responsibilities because there are things in this life that I am held accountable for. Someone else may be relying on me to hold up my end of the deal.

By being committed to my responsibilities, others can count on me. I am committed to my responsibilities because ***it is important for me to be trustworthy and accountable.***

I am devoted to myself because I believe in myself first and foremost. I love myself; therefore I can love others.

I am loyal to myself because I am worthy of that commitment. I know I can always count on myself even if I cannot rely on others. ***I am committed to myself because I am worth it.***

I am committed to my relationships, responsibilities, and myself because this commitment is essential to my life and makes me whole.

Self-Reflection Questions:

- 1.** How do I show my commitment to myself?
- 2.** How do I show my dedication to my responsibilities?
- 3.** How do I show my faithfulness to my relationships?