

Personal Reflection Exercises...

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As my life unfolds before me I find it easier to accept the opportunities that have been given to me. As I get older and wiser, I discover that I can more fully appreciate my life and its endless possibilities.

I no longer struggle to see the positive prospects my life has provided. ***My view is becoming clearer every day***, and I can see the many chances that abound.

Sometimes my life seemed bleak and lacking in motivation and opportunities. Today I can see that the opportunities were always there; it was my viewpoint that shadowed them.

With each day that goes by, my perspective deepens and I can see fresh opportunities with greater clarity.

Today I will open my eyes as well as my mind to the opportunities I have had in life, and I will learn from them. I will see the opportunities I have right now and act on them.

I realize now that keeping a positive viewpoint does not bring more opportunities; it gives me the ability to see them. ***I can see my prospects in life if only I look, and today, my eyes are wide open.***

Self-Reflection Questions:

1. Have I opened my eyes and my mind today?
2. Have I realized the opportunities that have always been there?
3. Which opportunities will I act on?