

Personal Reflection Exercises...

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The only two points that matter when getting directions are the starting point and the destination. As long as I know where I am and where I am headed, I can block out any other mental images.

There is no need for me to focus on the past. Dwelling on the past keeps me from moving ahead. ***I can't drive forward while looking through the rearview mirror.***

Whether my past was filled with victories or defeats, it is the past. My past victories help to strengthen my confidence. Yesterday's failures taught me valuable life lessons.

Yet, my eyes are set on the present because I allow the light of possibility to shine in.

My attention is never set on the path of others. When I understand that I have my own journey to enjoy, I stop comparing myself to others. Comparison slows down progress and breeds envy.

I feel proud of what I have been able to accomplish. Hard work and determination have gotten me to this point, and my life is filled with blessings.

Although I am blessed to be where I am, I do not want to stop here. I want to move forward because my calling is greater than anything I have ever done.

I have a clear vision of where I want to be. My goal is to live the best life that I was created to live. Positive thoughts and a heart full of faith will help me reach my goal.

Self-Reflection Questions:

1. How do I envision myself?
2. Am I spending too much time focusing on the past?
3. What things try to distract me from my goals?