

Personal Reflection Exercises...

I love and accept my family as a mother loves her child.



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The bond between a mother and her child is stronger than steel. Mothers love and forgive their children unconditionally. Children know that when they run to mom they always find open arms. Such is the love I have for my family.

The treasure hunter in me regularly seeks and finds the embodiment of hidden treasure in the richness of my family. ***I love my family because they make my life great.***

My family is a soft pillow that I can rest my head on. I crave time with my family and my heart delights in watching them grow.

I am affectionate with my loved ones. ***My supply of hugs and kisses is always fully stocked.*** When I speak to my family, I use soft words of admiration because my goal is to nurture their self-esteem.

I take care of my family. Selflessly, I put their wants even before my own needs. My family is my gift from my Creator. ***Each member of my amazing family has a special place in my heart*** and a distinctive trait that I adore.

There is nothing my family members can do to lose my love. My heart toward them is filled with forgiveness, keeping no record of their offenses. When we have disagreements, we still value each other over our differences.

Just as a mother forgets her children's misconduct, my family retains no recollection or history of wrongdoings.

I get along with my loved ones and I do my best to ensure that we get along with one another. My family and I share many traditions that bring us closer together and help us cherish our time with one another.

Self-Reflection Questions:

1. Can I think of a distinctive trait of each of my family members?
2. What kind of words do I use with my family?
3. Am I keeping any records of offenses?