

Personal Reflection Exercises...

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Life is not a race, and I work and live at my own pace. I pause to observe where I am and what I am doing as well as what I need to do next.

I may not do things the same as everyone else and that is okay. I can accomplish great things by listening to my own thoughts and inner being.

I pause to reflect on my beautiful and wondrous memories any time I wish. I do not need a special time of the day or year to take the time to remember joyous times in my life.

By revisiting these moments I can re-experience them and feel the positive energy all over again. This makes me feel good inside and spreads through my daily routine.

When I stop to reflect on the challenges in my life, I am better able to resolve them positively. When I encounter a difficult issue, I take the time to pray or meditate before deciding on the best course of action.

I grow from every experience in my life and I can reflect upon things whenever I feel the desire.

Today I will remember the happiest times of my life and feel revived from those memories. I will carry this feeling with me all day long.

I give myself permission to reflect on the issues that I may need to work on and I have great confidence that they will be resolved at the pace that is right for me.

Self-Reflection Questions:

- 1.** Have I taken the time to remember the joys in my life today?
- 2.** Am I able to pray or meditate on issues and embrace the solutions?
- 3.** Do I take the time to resolve issues at my own pace?