

# Personal Reflection Exercises...

## I surround myself with positive people and positive thoughts at all times.



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I surround myself with positive people because I know that my friends and colleagues affect my thoughts; my thoughts direct my actions; and my actions determine the outcome of my life.

I realize that I am bound to rub elbows with some negative people in the course of my work or my interactions within the community. However, when I choose people as partners, employees or friends, **I make a point of choosing people who lift me up** and encourage me to see the possibilities in life.

We all have challenges in life. Some of us have more than others, but none of us is immune to having logs fall across our path. Anyone can stand around and cluck at the log, and lots of people are more than willing to stand there and offer sympathy.

But the people I call my friends are the ones who go for the chainsaw and help me clear the road. My best friends are those who go a step further and use the wood to build a house or a bridge.

They see the opportunity in every challenge and find a way to draw that out!

Because ***I am much more than a victim of circumstances***, I surround myself with people who feel the same way and help me make the most of whatever life sends my way.

### Self-Reflection Questions:

1. Do I put careful thought into choosing whom I spend time with?
2. Are the people I surround myself with dragging me down or building me up?
3. Am I building up others with my own positive attitude?