

Personal Reflection Exercises...

I am a magnet for rewarding relationships.



I am a magnet in favor of rewarding relationships.

I attract worthy people and repel harmful relationships. ***People of value are attracted to me because I value myself.*** The people who join themselves to me are trustworthy.

I deserve to have rewarding relationships because I am a good person. I model for others how to treat me by treating them the way I would like to be treated.

Great relationships don't simply fall into my lap, I draw them to me. Good relationships are not based on luck, but on hard work.

My relationships are healthy because I am diligent in establishing boundaries and maintaining them. People know their limits around me. People treat me with respect and integrity.

I admire my friends. They help me find my way through the maze of life. They stick with me through thick and thin, and I benefit from my relationships with them. When one of my friends steps out of my life, they leave wonderful memories.

Each day, I find another important reason to appreciate my friendships. I constantly give thanks for the blessing of friendships. ***I am a better person because of my relationships.***

Whether the relationship is romantic, professional, family or simply a friendship, all of my relationships are rewarding.

My life is free from destructive or stagnant relationships.

I make people feel loved and appreciated. In turn, they want to be around me and support me. I am always treated with dignity because I expect nothing less.

Self-Reflection Questions:

1. Do I have a destructive relationship with anyone? How can I change it?
2. What do others learn from watching how I treat myself?
3. How do I treat others?