

Personal Reflection Exercises...

I am at peace with others because I choose to interact positively.



I am at peace with others because I choose to interact positively.

My relationships are a great source of happiness for me. I take time to nurture them, knowing that peace flows out when I am on good terms with those I love.

Daily life brings me many opportunities to interact positively with people so I can build them up. When I do, they often return the favor, lifting me up also.

I believe that what I send out comes back to me ten-fold. I choose to act and react positively so peaceful thoughts and actions will return to me.

I do not need a big event, such as a holiday or a birthday, to show love. Complimenting my child on a chore well-done or helping my spouse feel my support are more important and meaningful than any gift I could buy.

My love begins with my family, but it does not end there. I carefully choose positive words during my interactions with each person who crosses my path, from the bus driver to the homeless man on the corner.

I am at peace with myself by showing respect to my neighbor at all times. After all, ***we all deserve to be treated with dignity.***

Self-Reflection Questions:

1. How do I lift up others in my daily life?
2. Have I been shortchanging myself by not treating someone with dignity?
3. How can I show respect to someone I have ignored or overlooked?