

# Personal Reflection Exercises...

## I keep myself accountable to those I trust.



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I have an amazing group of friends whom I can rely on. I share my dreams and goals with them. We trust, love, and support each other. When I share an area of personal growth with them, they hold me accountable.

***I am honest with my accountability group because I would gain nothing from fooling them.*** Trying to deceive my friends would only rob *me* of the progress I could have made. Therefore, I reveal to them what is deep in my heart.

I choose to partake in our accountability relationship, and willingly share information. I can reveal secrets and shortcomings to my trusted friends without shame because I feel accepted, comfortable and free around them.

My trusted friends do not judge me; instead, they nudge me closer to my goals. They may ask me uncomfortable questions at times, but it is because they love me and want me to succeed. I appreciate them for that.

***I trust my friends because they have pure hearts and desires for me.*** I do not need to fear that they may think badly of me. I look forward to sharing my successes and failures with them and hearing what they have to say.

My friends pray for me, and God uses them to draw me closer to Him and toward my dreams. God speaks to me through my friends. I trust His voice and remain accountable.

### **Self-Reflection Questions:**

1. Do I trust others enough to reveal my shortcomings?
2. Do I accept constructive criticism?
3. How honest am I with my trusted friends?