

Personal Reflection Exercises...

When I spend time with my family I feel the warmth of their love.



When I spend time with my family, I feel the warmth of their love.

My family is my center. They encourage me to succeed in all that I do. My family is a source of love and support. When I spend time with my family I feel the warmth of their love.

My family wants what is best for me because they love me without boundaries.

I spend time with my family to understand my roots. Spending time with my loved ones lets me know where I came from and where I am meant to be. My family is the guiding star in my life.

Spending time with my family helps me understand that I am part of a loving community. Helping them to succeed, grow and prosper is rewarding. I give back the love that my family gives to me.

I am constantly learning from the love of my family. Learning opportunities are everywhere, from the youngest child learning to walk, to the stories of my oldest grandparent. I actively learn from their experiences, successes and joys. In return, I help them learn and grow by sharing my life with them.

My goal is to show my family how important they are in my life.

Today, I choose to spend time with my family and, when I do, I feel the warmth of their love.

Self-Reflection Questions:

1. How do I feel when I share time with my family?
2. What life lessons have I learned from my loved ones?
3. How can I continue to show my family love and respect?