

Personal Reflection Exercises...

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I strive to recognize new opportunities when I see them and take advantage of the benefits they bring. One benefit I especially look forward to is the richness and variety new experiences bring to my life.

Sometimes the benefits are completely different from what I expect and I accept that. I cannot tell from the outset what fruits an opportunity might bring, but **I can look forward to whatever it may be.**

Even if the opportunity does not pan out the way I hoped, I am still rewarded. **I learn new things, meet new people, and grow with new experiences.**

Life brings new opportunities every day. It is my choice to reach out and grab them or let them pass by unnoticed.

I know that when I am attuned to new opportunities, my perception increases, and I am quick to seize the day. I choose to embrace every good opportunity that comes my way!

Today, my plan is to seek new experiences that enrich my life. I know that, ***whatever the outcome, I am made stronger, wiser, and happier.***

Self-Reflection Questions:

1. Do I actively seek new opportunities?
2. What opportunities did I pass on today? Why?
3. What rewards came from a life experience that happened many weeks, months, or years ago?