

Personal Reflection Exercises...

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I am brilliant! My thoughts are like wildflowers sprouting up in the most unexpected places and unable to be stopped. I think outside the box and I always have fresh ideas just waiting to be unleashed.

When I spend time and energy focusing on my work, I draw out those ideas like water from a well.

I use my time wisely by allowing my mind time to simmer ideas. I do not rush through my work simply to meet deadlines and, as a result, my ideas are truly inspired.

I do not look at expectations as a dragon breathing fire in my face. ***Expectations are just guidelines.*** I allow myself to be creative in order to work above and beyond my potential.

If I focus on merely meeting expectations, I will not perform at my best. But when I give my mind room to run free, ***I excel beyond my wildest dreams.***

I can slay expectations because I am daring. My creativity is a force to be reckoned with and my organizational skills help me to be efficient. I truly have uncontainable talent!

I remove mythical expectations from the forefront of my thoughts in order to work with passion. I work for the passion and not for the expectations. Passion gives me the drive to achieve. For me, the journey *is* the reward.

Self-Reflection Questions:

1. How am I limited by expectations?
2. How can I allow my creativity to be free?
3. What can I do to ensure I am driven by passion and not by expectations?