

Personal Reflection Exercises...

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I can build a firewall that filters out stress and helps me reclaim my success when I cooperate with the way my Creator made me.

I have let go of the idea that I need to be able to see my whole life at once. That's simply impossible. But I know my talents and interests were put in me for a purpose: so that I can *use* them!

By taking the time to discover my talents and pursue my interests, ***I am working with my natural bent*** rather than trying to force myself to be something I was never intended to be.

I invest in my own dreams. Because I am here for a purpose, it only makes sense that I do whatever I need to do to fulfill that purpose. Undoubtedly that costs time, energy, and money, and I am open to that.

Once I have discovered my purpose, I give myself permission to pursue it wholeheartedly. I enjoy the journey. ***I am open and flexible to exploring different avenues as my interests grow and develop.***

I resist the tendency to want to become a slave to my goals. Instead, I use them as a compass, remaining eager to fully explore and experience each step of my journey.

Self-Reflection Questions:

1. Am I allowing myself to be what I was created to be?
2. Do I have goals that I use to focus my plans and activities?
3. Do I serve my goals or do they serve me?