

Personal Reflection Exercises...

I am clear about my values.



I am clear about my values.

I choose to be clear about what I believe.

My values are deeply rooted in me.

My beliefs make up who I am.

My identity is determined by the moral values I receive through generations of my family's history, along with the choices I make for myself.

I honor my past by lining myself up with the values I receive from my ancestors. I shape my future and that of the generations ahead of me by evaluating my personal beliefs and creating my own set of values.

I am steadfast about what I believe.

The opinions of others, as strongly as others may push them on me, yield to my well-crafted belief system.

When people disagree with my lifestyle, I hold on to my values with a tight grip. I stand up for the things I believe in, even when my views are unpopular. I hold on to what I believe is right, even if others disagree.

My values are consistent. I take time to reflect on what I believe. I am at peace with myself about what I affirm to be true. My values remain constant instead of changing on a whim.

I passionately stand up for what I believe, instead of pleasing the crowd and going with the flow.

Today, I choose to be clear about my values. I stand with courage. I expel confusion from my mind and I embrace a steadfast attitude about my beliefs.

Self-Reflection Questions:

1. How do the beliefs I've been taught in the past affect the things I believe today?
2. Why is it important to evaluate the values that have been passed down and figure out for myself what I believe?
3. What are my values?