

# Personal Reflection Exercises...

## I am free from the need to impress others.



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My riches are those things for which there is no monetary valuation. My family's well-being is more important to me than the opinion of others. What others think of my financial status is irrelevant to me.

I choose my friends wisely. I surround myself with people who respect my values and encourage me to make responsible choices.

***I avoid placing myself in situations where I could feel tempted to make irresponsible choices for the sake of impressing others.*** In the end, what matters is whether I remain true to my personal values.

I am free from the need to impress others because I am the only one who needs to be at peace with my decisions. Armed with confidence, I stand up to the negative effects of comparison.

***Rather than being concerned with how others feel about my decisions, I make time for personal reflection and self-evaluation.*** I limit others' ability to make personal judgments about me by keeping my decisions to myself.

I base my decisions upon what I believe. I make purchases based on what I need and can afford. My social interactions are based on honesty and integrity. I say what I mean and mean what I say.

***In everything I do, I remain true to myself because rising in status, gaining friends or increasing income is incomparable to the joy of self-acceptance.***

Today, I choose to accept myself just the way I am so that others can learn to accept me too. I embrace clarity, lining up my actions with my beliefs and rejecting deception.

### **Self-Reflection Questions:**

1. Who are my true friends that I can count on to respect my values?
2. What decisions have I made out of peer pressure and how can I avoid those situations in the future?
3. How can I be true to my personal values?