

# Personal Reflection Exercises...

## I care about my life and my life's work.



### **I care about my life and my life's work.**

I am an important piece of my family puzzle and I believe in my value. Through my actions, I make a difference in the world, and I enjoy the feeling of bringing happiness, support, and love to others.

I acknowledge the importance of what I do in life. I whole-heartedly believe that I am able to positively affect the lives of others and that brings me great fulfillment.

Just as I find other people's lives valuable, I know that my own life is valuable as well. Because I consider myself important, I take special care of both my needs and myself. By paying close attention to my needs and desires, I am better able to help others.

### ***The value of my life is immeasurable.***

I take care of my body and mind so I can be strong and sharp. I take care of my safety when traveling and in my daily life. I focus on positive uses of my time and energy because I deserve only the best.

Today, I choose to take care of myself. I eat healthy foods, exercise, and listen to the needs of both my body and mind. I acknowledge my importance because I am worth it!

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

1. How is my life important to me?
2. How is my life important to others?
3. How have I taken care of myself today?