

# I harness my strength

## **I harness my strength.**

I am confident and committed. I bounce back from setbacks and disappointments. I learn from experience. I pick myself up and adapt to changing circumstances. I use hardships to deepen my compassion and spirituality.

**I view challenges as opportunities.** I give thanks for circumstances that push me beyond my comfort zone. I enjoy testing my limits and discovering my potential. I consider my options and take constructive action.

I deal with stress effectively. I practice yoga and deep breathing. I release tension by working out or listening to my favorite music. I slow down. I set aside time each day for rest and relaxation.

I surround myself with support. My relationships are healthy and mutually beneficial. I communicate openly and honestly. I share my thoughts and feelings. I ask for help when I need it.

I take responsibility. **External events may be beyond my control, but I choose how**

**to react.** I align my actions with my values. I accept the consequences of my decisions without casting blame or making excuses.

I build my self-esteem. I believe in myself and my capabilities. I accomplish what I set out to do.

I rely on my faith. Prayer and meditation help me to connect with something greater than myself. I feel encouraged and uplifted. My fears shrink and my courage grows.

Today, I build my mental and emotional strength. **I am powerful and resilient.**

## **Self-Reflection Questions:**

1. How would I describe my personal strengths?
2. How can helping others through difficult times make me stronger?
3. What gives me hope for the future?