

Personal Reflection Exercises...

My life is precious and meaningful.



My life is precious and meaningful.

I love my life! I love everything about my life because I choose to look through optimistic eyes. I find ways to infuse joy to those around me in every situation. Even when life seems to be monotonous, I uncover ways to break out of old ruts and create new paths.

Every day, I look for fresh ways to enjoy life. I seek adventure like a pirate seeks treasure. I make the best of each day. ***I seize every opportunity to create adventure for myself, because I know that I only have one life to live.***

My life counts. My life is significant. I have been created with passion and purpose; therefore I live passionately and purposefully. There are dreams that I can hardly wait to see fulfilled. I greet each day with excitement and expectation knowing that great things will come out of my life.

There are people who count on me. ***My friends and family make life worth living.*** Sharing life with others makes the journey more gratifying. Love, laughter, and the simple things I share with my loved ones are what make life great.

No one else could ever fill my place. I am a unique individual with talents and gifts that are important to the world. ***Out of more than 6 billion people who live in this world, there is only one me.*** There is only one person with my DNA and fingerprint. I *can* make a difference in the world.

Today, I choose to live as one who understands my value in this world.

Self-Reflection Questions:

1. What do I live for?
2. What makes me unique?
3. How can I make life more adventurous?