

Personal Reflection Exercises...

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I am grateful for the gift of change. Without change, I would never be able to grow, learn new things, accomplish my goals, or look forward to anything different than what I've got. Even though I may resist change at times, I am learning to enjoy its possibilities.

Even when change is forced upon me and brings challenges, ***it opens new doors of opportunity.*** I now realize that a change that seems devastating can actually propel me into a better life!

Where would I be today if I had not lost that job, causing me to seek a better, more fulfilling path in life? How could I have the husband I enjoy now if I had not left my old boyfriend behind?

Change is one of the blessings that come with the power of choice. I can choose to leave things the way they are, or change them to something better.

I can choose to waste my life fighting inevitable changes or take advantage of them and enjoy life. ***When life hands me lemons, I choose to make lemonade!***

Change allows me to learn and grow. As I strive to achieve my goals, I embrace the changes in my life that bring me ever closer to success. With each change, I become more knowledgeable, stronger, and more confident that I can handle whatever life may bring.

I know that today brings its share of changes. ***I choose to welcome them all*** and allow myself to enjoy all opportunities that come my way.

Self-Reflection Questions:

1. What changes am I resisting in my life right now?
2. How can I embrace these changes and use them to improve my life?
3. Is there something I can change to move me closer to my goals?