

# Personal Reflection Exercises...

## I am accepting of life's circumstances.



### **I am accepting of life's circumstances.**

I take life as it comes and strive to make the most of every situation. When life is good, I am grateful. When it seems bad, I am *still* grateful and seek the silver lining, for I know that in most challenges there is also something good if only I can find it.

Sometimes life is hard, and I accept that. Challenges are a natural part of my wonderful life. ***Even if life were a rose garden, there would still be thorns.***

I let go of any tendency to bemoan my circumstances. So what if they are not as I planned? ***I can use my challenges to my advantage.*** Through challenges, I can learn new ways of looking at things or gain new knowledge that can boost me forward.

Even if they boost me in a new direction, that's okay because ***I am flexible.*** Just as a mighty oak withstands the greatest storm by bending in the wind so, too, can I bend with my circumstances.

No matter what, I know who I am and where I am going, even if I have to take a new route to get there!

Regardless of life's circumstances, I can always make the right decisions. ***I maintain clear priorities so that I can always remain true to myself.*** That way, wherever life takes me, I can stay on a track that is right for me.

Today, ***I think of life as a grand adventure:*** come what may, I accept it and look forward to what may come next!

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

1. Do I accept challenges as a natural part of life?
2. Do I seek the silver lining?
3. Am I struggling against my current circumstances? How can I accept them and move forward?