

Personal Reflection Exercises...

I am committed to caring for myself.



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I know that when I take care of myself, I make my whole life better. Properly caring for *me* gives me the passion and energy to live life to its fullest with plenty left over to devote to those I love.

I take my commitment seriously and ***schedule time every day for self-care.*** I use tools like meditation and affirmations to relax me and nurture my soul. I exercise, eat right, and sleep well for both physical and mental health.

My day starts and ends with thanks and meditation. I visualize my success and happiness and enjoy it to the fullest. Throughout the day, I use positive affirmations whenever I need a lift.

I include time for myself even on hectic days and especially on stressful days. Exercising releases my stress and sends a rush of the *feel good* hormone throughout my body. It replenishes and revives me so I am ready to take on the world again.

Caring for myself lets me be the best I can be.

When I take a break to do something just for me, I come back stronger than before. I have more focus and energy for my tasks at hand.

As a result, life is good! I am happy and so are those around me. I have the strength and fortitude to handle whatever life may throw my way.

Today, I plan to spend more time on *me!*

Self-Reflection Questions:

1. When was the last time I did something simply because it would be fun for *me*?
2. Do I take breaks at work to refresh and revive myself?
3. What are my most relaxing activities? How can I make them a priority in my schedule?