

# Personal Reflection Exercises...

## I am made stronger through my hardships.



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I know that life can be hard and I accept that as part of the natural order of things. In fact, if I didn't have the hard times, I couldn't appreciate the complete joy of the good times, either!

I am reminded of the well-known statement, "*What doesn't kill me makes me stronger!*" This is so true. Even when I feel as if I cannot bear any more, I persevere and I come out of the situation knowing that I am stronger than ever.

***Just as my body is strengthened with tough exercises, my character is strengthened by hardships.*** These challenges exert pressure on me and make me feel like the weight of the world is on my shoulders. But each hardship I conquer makes it easier for me to lift off the weight of the next one.

Overcoming hardships also brings me the confidence to face new challenges. If I did it once, twice, or many times, I know I can do it again!

Because of past experience, I also know with certainty that "*this, too, shall pass.*" It gives me the strength to continue on regardless of the circumstances.

***Living through hardship also provides me a new appreciation of life.*** I am grateful for the good times and can find joy in even the most trivial moments.

Today, I plan to persevere through any hardship that may befall me, knowing that I can come out on the other side of the situation stronger than before.

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

1. How has one my recent hardships made me stronger?
2. Did it allow me to appreciate the good things in my life more fully?
3. Now that I've been through it, do I feel more confident about future hardships?