

# Personal Reflection Exercises...

## I nourish and satisfy my mind, body, and soul.



### **I nourish and satisfy my mind, body, and soul.**

I give my mind, body, and soul what they crave to flourish and in return they enable me to live the most fulfilling life.

I nurture my mind with imagination and knowledge and help it build attitudes of success.

With meditation, I visualize happiness. Through reading and learning, ***I feed it new ideas on which to ponder.*** I foster good habits, confidence, and self-esteem with positive affirmations, repeating them throughout the day as the need arises.

***I nourish my body with nutritious foods and exercise.*** Eating right gives my body the nutrients it needs for optimum performance, clear thinking, and a strong immune system. Exercising relieves stress, distributes fresh bursts of oxygen throughout my body, keeps me in tip-top shape, revives me, and makes me feel good all over!

When I feel good and know that I look good as well, I have the passion, confidence, and energy to take on the world! I feel as if nothing can stop me.

***Challenges become just a bump in the***

***road on my path to success.***

***I feed my soul with a close connection to my Creator.*** I feel gratitude for all the good things I am blessed with and the wonderful things just waiting for me to discover and bring into my life. Every day is like a dance with my spirit!

Today, I choose to celebrate my mind, body, and soul and feed them what they crave, knowing that these things will bring me a wondrous life.

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

1. What did I do today to nourish my mind?
2. How often do I give in to the temptation of choosing junk food over nutritious food?
3. Have I attended to the needs of my spirit?