

Personal Reflection Exercises...

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Change is a good thing and I let go of any tendency to resist it. Change is a catalyst that can bring me many benefits in all areas of my life.

Changes in my career can result in good fortune. Is my goal to remain static in my career, staying right where I am for the rest of my life? Or is it to move forward to bigger and better things? Change is the only thing that will advance me in my profession.

Attitude changes can go a long way toward helping me achieve my goals. The more positive my mindset, the more good that seem to happen! **Strengthening my confidence and self-esteem propels me forward** while helping me to overcome challenges with ease.

By having a strong discipline, I find it easier to make wise choices to develop a new way of life. I give myself permission to break bad habits and replace them with good ones. To these types of changes, I say, "*Bring it on!*"

My lifestyle also improves as I change and grow. **Changes help me become more fulfilled.** Each change brings new knowledge and experiences, which paves the way for some exciting new opportunities!

Even changes that seem frightening at first can bring great joy when I face my fear of change. Sometimes, when I look back, I wonder how I ever did what I did!

Today, I choose to invite change into my life and take advantage of all the benefits it can bring.

Self-Reflection Questions:

1. Do I have a tendency to resist change?
2. How can I help myself feel more comfortable with changes?
3. Can I move forward with a change right now that will benefit me?