

Personal Reflection Exercises...

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Life is like a game of Twister. The more flexible I am, the better I can overcome challenges and succeed!

By being flexible, I can be productive without being overworked. If I wish to break away from tasks on my to-do list to pursue an opportunity, I can! ***The extra time I allot in my schedule allows me to be flexible at will.***

When I am working hard toward my goal and a challenge arises, being flexible enables me to take a step back and seek effective solutions. I can find a way to solve my problems, side step it, or choose a new path.

At times, choosing a new path gets me to my goal even sooner than my original one! This is precisely why I choose to be flexible with my plans.

Being adaptable also helps me in my relationships. Every relationship requires some give and take. ***When I am flexible, I help my relationships thrive.***

Flexibility can even reduce my stress. It helps me get along better with others, thus averting many stressful situations. Rather than increasing my stress by worrying about something, I can be flexible, take new action, and focus on moving forward in any situation.

Today, I strive to be flexible like the tree that bends in the wind but is still there, as majestic as always, after the storm.

Self-Reflection Questions:

1. How can I make my schedule more flexible?
2. How can I be more flexible in my relationships?
3. Can I discover a solution to a current challenge by being more flexible?