

Personal Reflection Exercises...

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I know I can go the distance because I train constantly. My workouts include daily positive self-talk, affirmations, and meditation. With these, I can be successful for the long haul.

Keeping my self-talk positive gives me an optimistic attitude. It levels out drastic ups and downs of life and helps me maintain focus on my goals. Even when I meet challenges that try to slow me down, I remain strong and keep moving forward.

I may need to step off my path for a bit, but my positive self-talk gets me back on track in record time.

When I make a mistake, I avoid beating myself up about it. After all, everyone makes mistakes! I learn what I can from it and continue my trek.

Like positive self-talk, affirmations help keep me on track. They affirm the qualities I wish to strengthen, help break bad habits, and aid me in making wise choices. I say them aloud every morning, night, and whenever I am tempted with an unwise choice.

Affirmations allow a positive flow of thought to urge me forward, like a wind at my back.

Meditation lets me visualize my destination and the rejuvenating stops along the way. Seeing and feeling the emotions of my dreams through meditation keeps them real. ***Meditation fuels my passion and commitment*** so I will never lose sight of where I am meant to be.

Today, I plan to consciously train myself for the long haul and renew my strength, passion, and commitment for the life I desire.

Self-Reflection Questions:

1. Do I let challenges stop me in my tracks?
2. Am I truly committed and passionate about achieving my goals?
3. What do I feel would be most effective to train myself for the long haul?