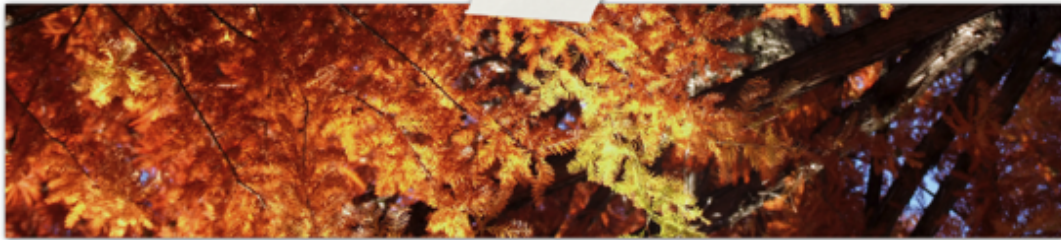


Personal Reflection Exercises...

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Fortunately, I never have to worry about being stuck in a rut. I have a toolbox just brimming with handy tools I can rely on to keep me moving toward where I want to go!

If I feel I'm sinking into a rut at work, I pull out my time management skills and rework my schedule. I rearrange my tasks according to my priorities, making sure I get the most important ones accomplished. If necessary, ***the lesser priorities can wait.***

I then delegate some of the tasks to others who are more willing and able to accomplish them. This gives me more time to do the things I want to do! ***When I spend more time on what I desire to do, it refreshes me and gives me more energy for all my tasks.***

When my home life starts to look like a rut-in-progress, I spice things up with my creativity. I rearrange furniture, try new foods or recipes, and come up with new ideas for our family time. Everyone gets involved in the new activities and we avoid the rut!

When I feel like I am getting stuck in a rut from too much work, I add some fun! ***I take time for myself to rest and rejuvenate.*** During my "me" time, I do whatever I want to do, whether it is all by myself or with friends or loved ones. When I return to my tasks, I have a renewed passion and energy.

Today, I choose to bring variety into my life and become "rutless" by stocking my toolbox with handy tools to get rid of whatever ruts that try to form in my path.

Self-Reflection Questions:

1. Am I stuck in a rut?
2. What tools can I use to get me out and back on my path?
3. What are some fun things I like to do that can bring me joy?