

Personal Reflection Exercises...

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As they say, *"Today is the first day of the rest of my life."* In this new life, I choose to let go of any negative feelings I may harbor about myself and, instead, embrace the real me - faults and all!

After all, it's my faults and imperfections that make me the perfectly unique individual I am today. ***No one is just like me and I like it that way!***

Loving and accepting all of me make it possible for others to love me completely. When I love myself first, I can more easily love others and their faults, too. In this way, my relationships are based on truth rather than some unreal picture I have of someone or the one they have of me.

Loving myself strengthens my self-confidence and empowers me with an optimistic attitude - both of which can serve to make my life more fulfilled and bring me success.

I can still seek self-improvement, even when I accept my faults. Accepting them in the first place actually helps me to get where I want to be.

Even though I have talents I desire to strengthen, weaknesses I prefer to lessen, and habits I want to break, accepting where I am with them today is the first step to a successful change. Thinking positively about myself helps me improve in a positive way.

Today, I plan a day of self-discovery and love. I recognize and accept each and every imperfection and I compliment myself on my strengths as they each show themselves throughout the day.

Self-Reflection Questions:

1. Do I love and accept all of me?
2. What parts of myself do I harbor negative feelings about?
3. How can I turn my frown upside down?