

Personal Reflection Exercises...

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When life seems like a never-ending stream of work and responsibilities, I board the boat of tranquility and enjoy the ride. Even when navigating through rough waters, with courage as my sail, I am able to get across any obstacle.

Fear is absent from my journey because my bold spirit is stronger than the force of worry. ***Peace is the anchor that holds my life in place.*** I am organized and I have a plan of action, which keeps me calm when faced with a storm.

I cross the storms in front of me free from hesitation because I am secure in my ability to navigate through storms with ease. I have the necessary tools to keep my life afloat. My skills, accompanied by a strong support group, keep me above water.

The knowledge that I am not alone propels me to take even more risks. ***I am certain that my steps are ordered by my Creator and I will not be forsaken.*** My family and my friends are also there for me no matter what happens along the way.

Even when others refuse to get in the water, I dare to take risks because I believe the end result is worth it. ***The new adventures that I will enjoy by diving in will far outweigh the regrets I would have if I didn't take the risk.***

Today, I am taking chances and stepping in the water with confidence. I sail through the storms of this day with courage and boldness, convinced that my vessel will safely reach the other side.

Self-Reflection Questions:

1. What anchors are present in my life?
2. Who is supporting me through my journey?
3. What chances can I take today?