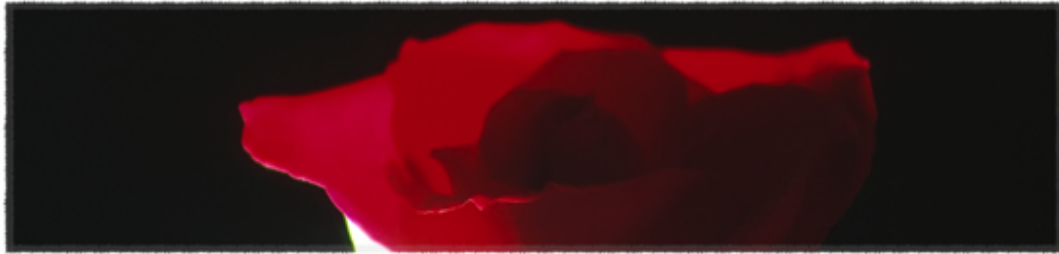


# Personal Reflection Exercises...

**My spirit flourishes with excitement for newfound meaning and purpose.**



## **My spirit flourishes with excitement for newfound meaning and purpose.**

Today is the beginning of the rest of my life. I am looking forward to the future with excitement because I know my purpose in life. When I seek wisdom and find meaning, I get energized about what is to come.

I look forward to the new adventures that lie ahead of me. My spirit is at peace about the future because each day I am gaining a clearer understanding of the reason for which I have been created. ***My life is filled with promise; therefore I give my best to all I do.***

I seek wisdom and meaning in order to reignite my passion for life. When I redefine who I am based on new knowledge I gain about myself, I increase my significance and my relevance to the world.

***Each time a piece of my life's purpose is revealed to me, I swell with joy, eager to live another day.*** I look forward to making my mark on the world one day at a time. I flourish like a beautiful flower when I am fulfilling my purpose in life.

Knowing my meaning and purpose helps me to know my worth. I have a healthy level of self-confidence when I understand my purpose. ***I am happy to be myself and I am free from the pressure to be somebody else.*** I have a calling and a plan chosen for me by my Creator.

Today, I choose to be excited about the rest of my life. I live life to the fullest and make an impact on those around me because I know that my life matters.

## **Self-Reflection Questions:**

1. What is the meaning of my life?
2. What is the legacy I want to leave behind?
3. What excites me today?