

# Personal Reflection Exercises...

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New opportunities surround me every day. ***All I need to do is recognize them and take the leap of faith.*** I have an abundance mindset that keeps my mind open to these new opportunities.

Each morning I greet the new day with excitement and anticipation. I give thanks for my blessings and wonder what good this day will bring. ***When I search for the good in my day,*** I often find beautiful, hidden gems.

Living in the moment helps me recognize new opportunities. When I focus on the present, regrets of the past and worries of the future simply cannot exist. ***I explore all options of the moment*** in my mind and take decisive action to seize those opportunities that can benefit me.

***My abundance mindset includes a healthy optimism*** that brings me confidence and helps me get over any hurdles in my path. When challenges arise, I expect that there is a solution and I seek it out. I inevitably find it and continue happily toward my goal.

Today, "*Seize the day!*" is my mantra. My plan is to keep an eye out for those opportunities that I know, without a doubt, will appear and then go for them with all the gusto I've got!

### Self-Reflection Questions:

1. Do I expect that good things will happen to me each day?
2. How can I make my mind more open to new possibilities?
3. How can I encourage myself to take swift action on the opportunities I find?