

# Personal Reflection Exercises...

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I enjoy living a life free from fear. I take action every day that helps keep it at bay and if it does try to creep into my mind, the minute I feel the first inklings of it, **I banish it.** It runs away like the cowardly thing it is, disappearing into the darkness from whence it came!

### ***My unfailing optimism is part of my mindset that helps keep fear away.***

When scary things happen, I expect the best ending to the situation, and usually I get it. When challenges arise, I expect to find a solution, and usually I find one.

I meditate every day and this helps provide an ongoing shield against fear. In my meditations, I visualize joy and happiness. There is no room for fear here.

### ***I maintain peace and serenity with my meditations.***

If I should start to feel fear, I replace the negative thoughts with positive images and affirmations. **I remind myself that I am stronger than fear** and that it has no hold over me.

I take action to do what I can to make every situation better. When my mind is focused on action, **there is no time for worrying**, so, once again, I push fear away out of my mind and replace it with something positive.

Today, I plan to enjoy a carefree day without fear, sailing through my day's journey on a calm sea of optimism, positivity, and joy.

### Self-Reflection Questions:

1. What do I fear?
2. What can I do to banish my fears and replace them with positive thoughts?
3. How much time do I sit around worrying about the "what ifs," instead of taking action to bring about beneficial results?