

Personal Reflection Exercises...

I am on time.



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When my alarm goes off in the morning, I get up right away and begin my day on time because a peaceful start to the day is worth giving up an extra few minutes of sleep.

The key to being on time is planning ahead. Planning ahead and keeping my schedule organized is like giving myself the gift of peace. Every night, I run through the next day's events in my head and prepare whatever I can ahead of time.

When I plan my day, I give myself room for unexpected incidents because life is full of surprises. If I run into heavy traffic or if I spill something on my clothes, I have time to take care of myself without added stress.

When I arrive at my destination early, I allow myself time to breathe, socialize and relax before launching myself into action. I avoid distractions that prevent me from being on time. ***Timeliness affects my mood, driving, health, and attitude.***

My whole day runs smoothly when I start on time. I feel relaxed when my pace is easy, instead of rushed. I forgive myself when things don't go according to plan, and I try again next time. I am persistent about my goals.

Being on time shows that I am mature and responsible. I gain the respect of my colleagues and my family's trust when I am on time.

Today, I choose to be on time because I am passionate about what I do.

Self-Reflection Questions:

1. What can I do to better prepare myself for the day ahead?
2. How does it feel to arrive at my destination early?
3. How does starting my day on time affect my whole day?