

Personal Reflection Exercises...

I am who I want my children to become.



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Every day, I live my life aware that I am who my children will become. My actions, reactions, and values are being imprinted on my children. It is my responsibility to conduct myself in such a way that will be worthy of their imitation.

I work hard to be the person I want my children to become because I am the most important influence in my children's lives.

I share my life openly with my family so my children can learn from my experiences. Carrying myself with integrity enables my children to see that I am the same regardless of the situation.

My children will be generous with others because I model selfless giving.

Each time I offer a helping hand or a listening ear to a person in need, the experience is etched into my children's memories. I actively engage my children in acts of kindness.

The disciplined lifestyle that I implement in my life also benefits my children.

The addictions that I have overcome, as well as the healthy habits I have begun, will produce a better future for my family.

My reward for my diligence in improving myself is the knowledge that my children will not have to struggle as hard as I have, because I am setting them up for success.

Today, I am proud of who I am. I work hard to become someone worthy of my children's admiration. I am confident that my children will benefit from following my footsteps.

Self-Reflection Questions:

1. What is my vision for my children's future?
2. What values are my children learning from my behavior?
3. How can I improve my actions so my children can follow my footsteps?