

# Personal Reflection Exercises...

## I have a clear understanding of who I am.



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My mind is at peace with who I am because it is who I have chosen to be. I am a devoted friend, a loving parent, a responsible worker, and an all-around fun person. Who I am depends solely on how I see myself and how I chose to behave.

***I identify myself not by where I come from, but by where I am choosing to go.*** I think and speak positively of myself in order to build up my spirit with my words.

When I acknowledge my worth with certainty, I am a force to be reckoned with. I know that I was created for a purpose and that my life has a calling. My family, my friends, and my Creator value me more than diamonds.

Although I seek to be at peace with everyone, I live for myself and for my family. ***I reject negative criticism, therefore I am unaffected by others' negative opinions.*** If I am ever faced with denigration, I move on quickly without dwelling on it and remind myself of all the greatness within me.

Understanding my worth enables me to take risks beyond my imagination. ***When I let go of self-doubt, I soar far above mediocrity and I become extraordinary.*** My confidence also helps me to refrain from judgment, accepting others as they are.

Today, I choose to lift the limits of my possibilities by recognizing my value and embracing the person that I am.

### **Self-Reflection Questions:**

1. What are some great things about me?
2. Do I reject negative criticism?
3. How can I overcome that which prevents me from taking risks?