

Personal Reflection Exercises...

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Like a beacon in the darkness, my inner beauty casts its illuminating glow throughout my world, lighting my path. Fueled by gratitude, generosity, positivity, and a passion for life, my beauty shines brighter each day as ***I strive to use my God-given talents as a force for good.***

I feel gratitude for the good things in my life and ***express my appreciation*** throughout the day to those who would make my day a little brighter - to my spouse, my children, co-workers, and even the stranger on the street who opened a door for me.

I strive to be generous and share my blessings with others. Whether I share money with those less fortunate, the wisdom of my experiences with my children, or even a great joke I just thought of, ***sharing is a daily part of my life.***

My positivity brings me motivation and enables me to seek solutions for challenges that arise on my journey. It gives me confidence and inspires hope for a wonderful future.

My passion for life serves to enhance my inner beauty even more. ***I think of life as a great adventure*** and each morning when I awake, I look forward with excitement to the adventures of the day.

When I decide to do something, I do it full force! ***No wisby-washy, half-baked efforts for me!***

Today, I intend to take action toward my goals with gusto and do what I can to bring a little more *good* to the world along the way.

Self-Reflection Questions:

1. Do I feel confident that my inner beauty shines out upon the world for all to see?
2. What special qualities make up my inner beauty?
3. How can I become more of a force for good?