

# Personal Reflection Exercises...

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I consider life to be a great adventure! Learning new things brings more exciting experiences my way. Acquiring new knowledge also opens the doors to bigger and better opportunities in my career, and they just keep coming the more I learn.

***I make it a point to learn something new every day.*** I may learn more about the world around me and grow to understand other people and their cultures better. I may improve a current skill or discover a new talent. Or I may learn a better way to do something that makes my life easier.

***At work, being willing to learn new things makes me more valuable.*** In addition, it allows me to meet other people in my field who can bring further knowledge or opportunities my way.

At home, I learn new ways to make my home beautiful, inside and out, which pleases me. I learn new recipes from around the world, which satisfies my appetite for variety in my diet. And I keep up with new ideas in raising my children to be happy, productive, adults.

***A constant quest for learning provides me the means to always be moving forward,*** to conquer new frontiers and achieve new and exciting goals. I cannot imagine life without it! How dull and boring it must be to shove learning aside and stay at a standstill!

Today, I choose to embrace learning and take advantage of every chance I get to bring new opportunities my way.

## **Self-Reflection Questions:**

- 1.** Am I willing to go out of my way to acquire greater knowledge for my career?
- 2.** What can I do to improve my job skills to bring me better opportunities?
- 3.** Do I spend time to learn new things that can enhance my home life?