

Personal Reflection Exercises...

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Like a child, I look at the world with awe, finding new possibilities and adventures each and every day. Living in the present moment enables me to fully experience and enjoy everything life has to offer.

This mindset enables me to maintain the passion, energy, focus, and optimism of youth. ***I go through my journey of life with all the gusto I've got and am rewarded with feeling eternally young!***

What an enormous secret I've discovered! Could it be the legendary Fountain of Youth? ***What humans have sought throughout the ages is really inside all the time!*** The *real* beauty of youth is limitless. I cannot use it up, for the more I use it, the more I have! How amazing!

I start my day rejoicing in the wonder of the dawn. As the sun rises, it brings with it a day like no other. I know this day can only happen once and I am blessed to be a part of it. I look forward to the day with anticipation, wondering what exciting things are in store for me.

Just as every day is unique, so, too, is every moment. I let nothing go to waste! ***I revel in the experience of each moment.*** I take advantage of opportunities that come my way with passion and swift action.

Then, each night, I go to bed with no regrets, sleeping the deep, rejuvenating sleep of youth.

Today, even though I have the wisdom of my years, I remember what it is like to be a child and resolve to carry this wonder of youth throughout my day.

Self-Reflection Questions:

1. When was the last time I allowed myself to see things through the eyes of a child?
2. Do I feel a sense of wonder about the miracle of each moment?
3. How can I live more fully in the present moment?