

# Personal Reflection Exercises...

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I find that when I stay positive and optimistic - no matter what - things most often go my way. Expecting something good brings good things. Remaining positive also gives me the confidence to seek solutions to my challenges and act on them right away.

When I'm busily working toward a goal and an obstacle arises, I have two choices.

**Choice one:** I can say, *"Oh no. Woe is me! Look what happened to stop me now,"* and then use this challenge as an excuse to give up.

**Choice two:** I can say, *"Okay, so what can I do to get around this?"* Then I can decide on the best way to handle the challenge and do it.

**Choice one takes me to the dark side** where I never have any hope of achieving my goal.

**Choice two gives me options and hope.** I know that if my first solution doesn't work, I can try another one, and

keep trying until I reach my goal. The big difference is that I *do* reach my goal with option two! I live happily ever after!

Therefore, when I come upon a challenge, I waste no time. I immediately seek a solution and continue to move forward.

On days when I need a little extra mental push to keep me moving forward, I use affirmations to remind myself that I *can* do this.

With my confidence shored up again, I heartily take on the challenge and then succeed. ***I know I can persevere.*** I absolutely expect a positive outcome and I get one.

Today, I intend to keep my positive outlook even amidst challenges, seek solutions, and then act on my ideas right away.

### Self-Reflection Questions:

1. How do I react when I hit an obstacle in my path?
2. Do I have a positive attitude that encourages me?
3. Do I expect good things to happen?