

# Personal Reflection Exercises...

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I speak words of encouragement to my loved ones every chance I get. In a world filled with so much negativity and criticism, it is my responsibility to build up those around me.

Positive words overflow in my speech. I think great thoughts toward my loved ones and I believe that there is greatness within them. I motivate my family members to reach new heights and to try new things.

Finding something positive to say is easy for me. ***I look at people with eyes full of grace, which is the way I would like for others to look at me.***

I speak sincere words of affirmation to my family because I love them and want to see them achieve their best. My words are like a trampoline on which their dreams bounce off and reach new heights.

Pointing out the negative is worthless; instead, I look for and focus on anything well done. ***When I speak words of encouragement to my loved ones, they***

***are filled with a desire to perform even better.*** The more positivity I speak, the more they improve!

My loved ones respect what I have to say because I am sincere. I enjoy motivating people to achieve success in every area of their lives.

I am like a cheerleader to my family. They can count on me to attend important events and to be part of special moments in their lives.

***Whenever my loved ones experience difficulty in their lives, they feel safe coming to me for advice.*** I am always ready to offer my loving encouragement.

Today, I choose to speak positively to my family and refrain from criticism by focusing on good things.

### Self-Reflection Questions:

1. How can I be more encouraging?
2. Which of my family members needs an encouraging word today?
3. Do I build up my family members with my speech and actions?