

Personal Reflection Exercises...

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I make a conscious effort to give thanks for all good things in my life. The more I show my gratitude, the more good things I receive to be thankful for!

When I awake in the morning, I give thanks for the new day. The good feelings I generate start my day in a perfect way, and ***I find that one good thing leads to another.*** This positive boost helps me fly through my daily tasks with energy and momentum.

I thank my spouse for the things he does for me. This makes him feel loved and appreciated and he goes out of his way to do even more good things for me. It's a never-ending cycle of love!

I find things to thank my children for every day. When they do a good job on anything, I thank them for their effort, motivating them to continue. My happiness is even greater when I see them, too, discovering the joys of gratitude and telling others, "Thank you."

As my day goes on, I thank my co-workers for their efforts and my clients for their business. ***In return, I receive their loyalty and friendship.***

I thank my friends for being there for me. They're always there to lend a helping hand and cheer me on.

I realize that even the challenges of my day arise for good reason and I'm grateful for the lessons I learn from these obstacles. ***Invariably, my challenges bring me closer to my goals,*** in one way or another, as I seek solutions.

Today, I strive to feel gratitude, enjoy it, and let it show in how I treat others.

Self-Reflection Questions:

1. Do I let myself feel and enjoy gratitude and its benefits?
2. How has showing someone my gratitude brought me something good in return?
3. How can I show my gratitude more often?