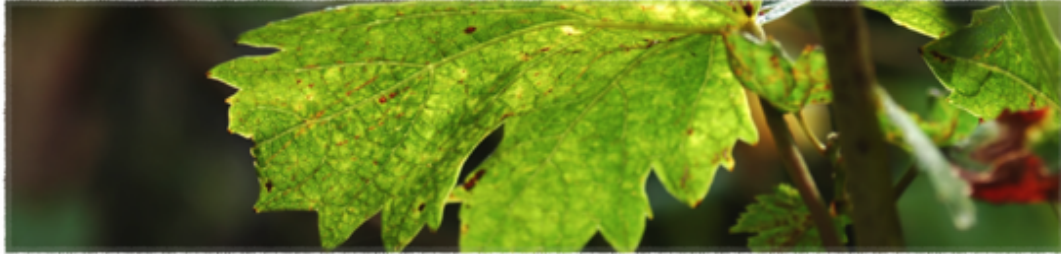


# Personal Reflection Exercises...

## I am at peace with change and know it is working for my good.



### **I am at peace with change and know it is working for my good.**

I let go of any worries I may harbor about change. ***I know that my future brings me good things.*** I embrace change, as it takes me to new heights of joy and success.

There are good moments to be found in every new experience. All things must change to thrive, including me! I want to grow and prosper, and I am committed to my success. ***I am valuable and change only helps increase that value to myself and others.***

Change is a natural part of life and there is no reason to fear it. The beauty of spring eventually changes into the dormancy of winter, but spring always returns. In the same way, when I face challenging situations, beauty returns to my life, as well.

Letting go of stagnant ideas and beliefs can open the door for wondrous changes that give me far more than I ever expected. ***I am eagerly anticipating what comes next.*** I know change brings me even more than I already have.

Peace comes over me when I think about change. I am strong and courageous in the face of a shifting life and a shifting world. Good things come from my ability to adapt!

I see the changes that take place in my life as a reminder of where I've been and where I'm going next. ***Life is an adventure, and it must be lived and enjoyed through change.***

Today, I intend to embrace change and look for the joy and beauty it can bring me.

### **Self-Reflection Questions:**

1. Why is it necessary for me to accept change?
2. Can I find more peace if I let change come into my life naturally?
3. How can I work toward being more accepting of the inevitability of change?