

Personal Reflection Exercises...

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I get up quickly when I fall because my strength is determined by my resolve to move forward, regardless of setbacks. When I am determined to succeed, a simple fall only fuels my drive. ***No matter how many times I fall, I wipe the dust off my knees and carry on.***

Sometimes in my walk I may stumble, which sets me back. But a minor stumble may prevent me from falling. When I stumble I hold on to the lessons that I have learned in the past to help me stand strong once again.

Hope stays with me when I fall because, when I hit the ground, the only direction to go is up. I can look forward to tomorrow because I will enter the day with new wisdom. My vision stays close to my heart even if I have to make adjustments to my plans.

I keep my dignity when I fall because my true character is revealed at the lowest point. Even when I have made a mistake I continue to be an intelligent person worthy of admiration and respect.

Without overanalyzing my mistakes I evaluate my actions in order to learn and grow. I refrain from judging myself too harshly in order to preserve my spirit. ***I offer myself the same forgiveness that I give freely to others.***

Today, I choose to get up quickly from any falls I may experience. I learn from my mistakes and become a stronger person, ready to face the challenges of the day.

Self-Reflection Questions:

1. How does a fall make me stronger?
2. When was the last time I overcame a minor stumble?
3. Why must I get up quickly when I fall?