

Personal Reflection Exercises...

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I look forward to my future with hope and confidence. If the future brings joy, I welcome it. ***If it brings challenges, I know that I have the strength and fortitude to conquer them.*** As a result, I am free from fear.

If I am at the bottom of a curving stairway, I do not hesitate to take that first step just because I cannot see the top! When I get in my car to go someplace, I do not fear what I may encounter on my journey!

In the same way, I move forward with my life and take action to reach my goals even though I cannot see my entire journey ahead of time.

I avoid fretting over what is to come. Even now, with an intense political climate and a recession in full bloom, ***I can avoid worry. Instead, I seek solutions and focus on what I CAN DO*** to experience the life I desire.

One thing I can do is to live in the moment. When I am focused on this moment, there is no past or future. There is only now! ***I practice enjoying life***

moment by moment and relish the beauty that is all around me, just waiting for me to discover it!

My action plans to reach my goals are flexible. I know that challenges are a natural part of life and I am free to change my path from time to time. With this strategy, I can always be moving forward, even if I take a short detour.

Today, I choose to be carefree, put any worries in the past, and discover the beauty of this day.

Self-Reflection Questions:

1. What are my worries for the future?
2. What can I do today to help me focus on taking positive action?
3. How can I live more in the moment?