

Personal Reflection Exercises...

I live a life filled with clear priorities.



I live a life filled with clear priorities.

I strive to clarify my priorities and let these guide me in my thoughts, words, actions, and decisions. This brings me a joyous life because I know I am focused on what is most important to my loved ones and myself.

When my thoughts are focused on my priorities, **conflicting emotions of the moment pale in comparison to the big picture.** This keeps frustrations and disagreements at bay in my relationships.

If my spouse does something irritating, I remind myself why I love him so much and the irritant no longer bothers me! I think, *"If this is the worst he has, then how lucky am I?"*

My words reflect my priorities. They are always encouraging and supportive. **Even when I feel anger, my conversations are calm** as I strive to find a solution to the situation.

At work, my conversations are productive and conducive to building a pleasant working environment.

My actions are based on my priorities, too. I plan my schedule and my to-do list according to what is most important, leaving plenty of wiggle room to enable me to attend to anything important that comes up. ***This way, my days are always productive.***

I allow my priorities to guide my decisions. ***This gives me confidence to forge ahead*** with whatever I decide because I always know the decision is the right one for me when it is based on what is most important in my life.

Today, I choose to reflect on my priorities so I can be confident that I am focusing on what is most important to me, rather than the daily distractions.

Self-Reflections Questions:

1. Who is most important to me? Do I show this in the way I treat them every day?
2. What are my most important goals?
3. Am I considering an important decision? How can I let my priorities guide me?