

Personal Reflection Exercises...

I look at life through rose colored glasses.



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I take an optimistic view of life and trust that good things will happen. Consequently, I find that most of the time they do! When challenges arise, I look for the silver lining and take advantage of it.

Sometimes I hear people say, "*I never promised you a rose garden.*" However, I realize that **a rose garden is exactly what I have!** Just as roses have thorns along with their incredible beauty, life has its piercing moments along with its joy. One naturally goes along with the other.

I welcome this diversity and include it into my rose-colored view. Just because my view is rosy does not mean that I see only what is good and ignore the rest! I accept it all. ***Rather than clouding my view, they bring me perfect clarity!***

The difference is that I focus more on the beauty and can often find something good in everything.

Take challenges, for instance. Many times an obstacle gives me a new way of looking at something. In the end, it

provides me with new knowledge and, at times, this new knowledge is exactly what I need to reach my goal.

Today, I intend to keep my rose-colored glasses on at all times. I hope for the best and I strive to find the silver lining in any challenges that may come my way.

Self-Reflection Questions:

1. Do I look at life through rose-colored glasses?
2. How can seeking the silver lining help me overcome a current challenge?
3. How can an optimistic attitude help me move forward toward the life I desire?