

Personal Reflection Exercises...

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Life is such an exciting journey! It is never static and boring, but alive with new possibilities each and every day. As I grow and learn, I find new ways to recognize and take advantage of the opportunities that come my way.

One way that I find new opportunities is by stepping outside my comfort zone. I now realize that such marvels are always there, just waiting for me to discover them. When I allow myself to try new things, I open myself up to the joys of discovery.

When I venture out into the world, I often discover new talents and strengths within me that I never knew existed. In developing them, I bring a whole world of new possibilities into my realm.

Stepping outside my comfort zone expands my limits. ***I never know how far I can go until I push myself a little farther, and then a little more.*** Expanding my limits also opens up new opportunities for me to pursue.

Meeting new people also brings new possibilities. Every person I meet brings their own set of experiences and strengths to the relationship, often providing me with a totally fresh perspective of life. I go out of my way to meet new people and bring this new richness into my life.

My possibilities are endless when I actively take action to discover them!

Today, I choose to open myself up to endless possibilities by stepping outside my comfort zone, expanding my limits, and meeting new people.

Self-Reflection Questions:

1. What new possibilities have I discovered by stepping outside my comfort zone?
2. How has meeting someone new brought richness into my life?
3. Have I ever pushed myself past a limit I thought I had? How did it bring me new possibilities?