

# Personal Reflection Exercises...

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When life throws storms in my path, I know I can persevere. Just as the summer brings warm relief from the challenges of winter, my troubles are always relieved by the passing of the storm.

If I am having a difficult period in my life, **my strategy is to take it one day at a time.** I can make plans for one day without overwhelming myself with all the "what-ifs" of the future. I can always make it through one day, knowing that better days are just around the corner.

I let go of any tendency to feel sorry for myself and embrace action, instead. Rather than sitting around bemoaning my challenge, **I seek solutions and move forward immediately to implement them.**

This keeps my mind occupied with moving forward and relieves my stress of the challenge. It also helps ensure that my *summer* arrives as quickly as possible, putting those hard times behind me!

Another thing that gets me through the hard times is discovering the joy in everyday moments. **When I allow myself to see this joy even on difficult days, it makes the time seem shorter until summer is here again!**

Even if times are challenging, I can still enjoy the beauty of the dawn, feel refreshed by a warm shower, and rejoice in my partner's smile.

Today, I feel confident that no matter what this day brings I know I can get through it, because, after all, summer is just around the corner!

### Self-Reflection Questions:

1. When hard times are upon me, how do I handle them?
2. Do I seek solutions and take action toward them immediately?
3. How can I remind myself to find the joy in the small moments of each day?