

Personal Reflection Exercises...

I keep a positive view of myself.



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When I think about the person whom I have become, I am filled with joy. I am proud of who I am. I live by my values and I try to make a difference in the lives of others.

Instead of being my own worst critic, I choose to be my greatest cheerleader. I encourage myself with positive thoughts because it is the best thing I can do for my self-image.

When a negative thought tries to creep into my mind, I promptly reject it without giving it time to develop. ***I protect my self-confidence because the way I see myself affects the way I carry myself and the way others see me as well.***

There are things about me that I would like to change, so I work to improve on those areas. In the meantime, I build upon my strengths. I focus on my positive qualities to keep myself motivated.

When I stand in front of a mirror, I automatically point out three beautiful features I love about my body. I let go of the urge to condemn my imperfections and I am wonderfully made to achieve remarkable success.

My inner dialogue is saturated with respect, encouragement, and grace. I speak to myself the way I would speak to someone whom I admire. I refrain from belittling myself in my mind. When I speak to myself and of myself, I do it with positivity.

Today, I choose to believe that who I am is good enough. I guard my heart and my thoughts from the trap of self-condemnation by focusing on the potential stored within me.

Self-Reflection Questions:

1. What do I like about myself?
2. Are my thoughts building up my self-confidence or tearing it down?
3. Why is it important to be my own greatest cheerleader?