

Personal Reflection Exercises...

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I am grateful for what I have, regardless of my circumstances. Although I sometimes have less than desired, I always find a way to make something out of nothing. I get creative when it is most important.

My gratitude multiplies in those situations because it means I am able to put my mind to work. **Having limited resources produces a chance to develop a strategy for survival.** I know that I have what it takes to make it through so I avoid feeling like a victim.

When my ideas at work lack the support of my peers, I avoid feeling dejected. Instead, I look at it as an opportunity to validate the ideas on my own.

When my exploits are undertaken with pureness of purpose, I feel confident about their chance for success. Gratitude results in a magnitude of opportunities to achieve goals that are pure and sincere.

Lacking in one area opens my eyes to see blessings elsewhere. **Instead of feeling**

sorry for myself, I celebrate all the goodness that surrounds me.

Today, I recognize that having limited resources releases my creativity and keeps me on my toes. I am thankful for blessings – big or small – whenever they come my way.

Self-Reflection Questions:

1. What are some of the often overlooked blessings that I am thankful for?
2. How often do I take the time to identify the wonderful things in my life that I may be taking for granted?
3. What strategies can I undertake to turn limited resources into an opportunity to help others?