

# Personal Reflection Exercises...

## Exposure is the Best Medicine



### **Exposure is the best medicine.**

New tasks, surroundings, and people can be exciting, even when they require stepping out of my comfort zone. This is especially true when I have been engrossed in particular routines for a lengthy period of time. I find that the best cure is exposure.

I try to remain aware of the complacent feeling that occurs with particular routines. **When I recognize complacency in me, I do something to fight it.**

Sometimes, I change the order of my tasks, the times I take my breaks, or my regular work tempo. I may even take a course to learn something different, strengthen my skills, or expand my world.

**When I see someone new, I am the first to introduce myself.**

By exposing myself to new things, I avoid complacency in my life, opinions, and beliefs. I try new foods, attend new types of events, and seek new opportunities to be active.

Today, I want to try something different from my normal routine. I may go out to eat at a restaurant that serves a type of food that is completely new to me – perhaps the cuisine of a different culture.

To make the event even more exciting, I can start up conversations with others around me, totally immersing myself in the experience.

### **Self-Reflection Questions:**

- 1. What is the most difficult part about fighting complacency?**
- 2. How do others react to complacency?**
- 3. What other means do I have to experience the unknown?**