

Personal Reflection Exercises...

Discovery comes through patience and open-mindedness



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Each day provides me with an opportunity to discover something new. **When I exercise patience and open-mindedness, wonderful lessons are revealed to me.**

Sometimes the answer I am searching for takes a little time to appear. I avoid becoming impatient when it feels like things are taking too long. There is a reason behind each delay in life. Those waiting moments are meant to teach me something valuable. They allow me to develop inner calm.

The result of relaxed anticipation is a perfectly timed blessing. Things that are worth waiting for produce wonderful rewards and meaning. This is what I tell myself when my goals end up getting delayed unexpectedly.

I keep an open mind when I experience delays. It is possible that a longer waiting period leads to even greater outcomes than anticipated.

My open-mindedness reveals itself in how I receive others.

Although someone shares differing views, I avoid shunning them. **It is through embracing different perspectives and beliefs that I am able to discover new things.**

My experiences and lessons are more valuable when I am patient and open-minded.

Today, my ability to discover new things rests in the character I decide to embrace. I choose to display the positive virtue of patience because it teaches self-control. Impartiality is the second part of my journey towards endless knowledge and wisdom.

Self-Reflection Questions:

1. What are some of the things I learn about myself as I patiently wait for answers?
2. How does being unbiased impact my relationships with others around me?
3. How readily do I accept the lessons that I learn as a result of patience?