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Even on my busiest days, I take some time to be by myself. I like when that time is spent in utter silence. I can reconnect with my strengths and virtues in moments like these.

Introspection plays a very important role in my life. It helps me to remember who I am and avoid getting caught up with the outside world.

When external influences try to upset the balance of my soul, I avoid being tainted. ***Being true to myself helps me to add real value to the world.*** I am able to stay true to the person I am because I take the time to look in the mirror.

Quietness also gives me an opportunity to reflect on the day's events. It helps me to determine if my actions align with my values. It keeps me honest and helps me to recalibrate.

When I'm introspective, I identify beliefs that need reinforcement. The absence of noise helps me to listen to my inner cues

and identify areas for improvement.

Today, I value the chance to be alone in the stillness of my conscience. ***Taking myself away from the outside world helps me to develop inner strength.*** I am committed to becoming the best version of myself possible.

Self-Reflection Questions:

1. What are some of the things I can do to set the mood for effective introspection?
2. How do I prevent myself from focusing on negative things during my quiet time?
3. How helpful is it when I step away from a chaotic situation to breathe?