

Personal Reflection Exercises...

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I trust my ability to make the right decisions because I have taken the time and effort to think clearly and surround myself with wise people.

I let go of the idea that I should automatically know the answer to everything. While I am unafraid of tackling a problem on my own, I am also aware that ***I am strongest as part of a community.***

I am fully willing to assist those younger and less experienced than I, and so I am confident that my older and wiser peers are equally eager to help me. I take advantage of that, knowing that I can only be my best if I make use of the many resources at my disposal.

However, I may not always have access to guidance. In this case, I advise myself by recalling my past experiences.

I think about my goals and whether the situation at hand will assist me in reaching them or whether it will hinder me in some way.

I think about my energy level and skills and assess honestly whether I am capable of taking on the task. If I do decide to take it, I make it a point to be aware of my strengths and weaknesses and where I may need help.

Because I pay attention to the lessons I have learned from my past, and because I have a clear picture of where I am headed in the future, I know that I can make wise choices.

Self-Reflection Questions:

1. Who can I consult when I need advice?
2. Do I keep a clear picture of my goals in mind when making decisions?
3. What have I learned from past experiences that I can apply to current decisions?