

Personal Reflection Exercises...

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I always consider the experiences of others to be opportunities to carve out a path for my life.

One of the advantages of co-existing on this Earth is learning from each other. Each face I look into tells a story that can have a **profound impact on my life.**

Every day is a learning experience for me. I am conscious of the person I want to be and the life I want to live, and use the experiences of others to gauge the success of my own efforts to achieve it. By using other's experiences and outcomes, I can adapt myself to maximize what I want to achieve. I allow other's experiences to add to the book of my life.

When I observe the happiness shared between 2 people (be it newlyweds or a great friendship) I take a moment to analyze the source of their happiness. I try to determine what factors are contributing to those positive outcomes. Then, I give thought to how I am or am not applying that approach to my own relationships. Am I focusing on the positive aspects like they are? Am I filtering the relationship through similar lenses? **I use the experience to help secure my own emotional happiness.**

I also observe negative situations between people on a professional level and assess what causes the breakdown in communication.

I use the opportunity to introspectively assess my behaviors and actions to determine whether I play a part in causing negative outcomes in my own relationships.

Today, I embrace my co-existence on this Earth as a chance to make positive changes.

I recognize the unconscious input of others to making me a better human being and embrace the life lessons of their experiences to enhance my own.

Self-Reflection Questions:

1. How easily do I adapt to changes based on observation of external situations?
2. Do I readily share the lessons learned with the people I love?
3. How could I more advantageously use the experiences of others to learn life lessons?