

# Personal Reflection Exercises...

## I always make time for writing loved ones



### **I always make time to write a loved one.**

Each day passes so quickly; it's sometimes difficult to keep in touch with friends & family. With our busy schedules, I seem to miss their calls and not find them at home when I call back.

### **However, I know that if I make time to write, they find time to read it.**

I enjoy writing because each letter or card is a moment of reflection. When I commit to writing, I am devoting a set amount of time to that specific person. I consider the events going on in my life, and inquire about theirs.

Sometimes when they call, I am in the midst of a task, unable to give the full attention the conversation deserves. My thoughts may be incomplete or disorganized. Occasionally, my tone may be terse because I feel rushed or am preoccupied.

### **In a letter however, I can organize my thoughts and carefully choose my words being fully present to them.**

I recognize the importance of writing to my loved ones. It's one way of communication that shows my willingness to make time for them, even when the time

to get together is unavailable.

Writing seems to be a dying art, and when my loved ones receive a card or letter from me, they feel extra special because of the care I took to write it to them.

Today, I intend to begin a letter to someone close. Even though at times my days seem too full to make time for sitting and writing, if I make a little time each day, I can make keeping in touch a habit. Gradually, the connections feel less difficult to maintain and the closeness it brings far outweighs the few minutes it took to create it.

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

**1. Why is continued communication important?**

**2. Do I ever write letters to loved ones? What benefits can come from writing regularly?**