

# Personal Reflection Exercises...

## I Focus only On What I Can Control.



**When crisis enters my life, I persevere by keeping my focus on the things I can control and letting go of the rest.**

***I focus my mind and my thoughts in a positive way.*** I make good choices about what I will allow into my mind. I get the information I need to stay informed while being mindful of my media consumption. I know that not all media is healthy. I realize that what I allow into my mind affects me and my mood and therefore I chose wisely.

***I maintain healthy habits that ground me and empower me.*** Each morning when I wake, before anything else, I set the tone for my day by spending time in prayer or meditation. Starting my day out with this practice, grounds me in an energy of peace and tranquility. It is good for my soul. The more I practice this, the longer my body retains the positive focus and energy.

***I journal my thoughts and give space and time to my them.*** Writing down what I feel and think gives my thoughts a place to go so they don't have to take up my mental energy. My journal becomes a way for me to gauge progress and to discover patterns in my thinking and way of being.

***I take care of my body so that it will sustain me.*** I stretch and move my body every day to keep it healthy and limber. Moving my body make me feel energized and raises my vibration. It also strengthens my immune system and keeps me healthy.

***I make good choices about how I feed my body.*** I am aware that what I eat will either provide or rob my body of energy. I eat FOR my immune system, not against it. I eat lots of nutrient rich, organic and nutritious foods that fuel my immune system. And avoid those food that deplete my body's immune response like sugars and processed goods. I take food based supplements and immune boosters like Vitamin C, Vitamin D and when I need it Zinc, Achinacea and other immune boosters.

***I practice self-care and mindfulness to keep myself in a high vibration and better able to handle what comes my way.*** I listen to guided meditations or uplifting neuro-beats music that raises my body's vibrations. I take Epsom salts baths to remove the toxins from my body. I use essential oils to stimulate peace and calm in my body. I dance and sing.

***I share love where it's needed.*** I reach out to others that need my strength and support. By supporting and caring for others, I am strengthened myself.

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

1. How can I stay focused on positive thoughts today?
2. What can I do to encourage others to stay positive each day?
3. How can I think more productively when I face challenges?