

Personal Reflection Exercises...

I use downtime to reflect and work on myself



I am devoted to my inner and personal growth.

Knowing myself at a deeper level is important to me for the better I know myself, the better I know others. When I know my own thoughts and why I have them it helps me decide what needs to change on the inside for things to change on the outside.

As I grow in self-understand, I grow in other understanding and my relationships improve as a result.

When idle time presents itself, I use it to go inward by listening to personal growth information or books or by doing spiritual work. Investing my time in deepening my knowledge makes me feel empowered knowing I am improving as a human being and stretching my capacity to succeed in life.

I don't waste my precious time on frivolous activities that have no meaning or spends hours and hours watching mindless television or news that will bring me down. I know that each hour is a gift I've been given and I use it wisely to advance myself in any way I can.

When life gives me free time away from work and people, I use it wisely to learn more about what's possible for me, my relationships, my health and my growth.

There is so much to learn in life and I get excited at the possibility to spend time expanding myself in a number of different ways.

I commit to finding mentors whose messages speak to me and spending time absorbing their wisdom. Today, I choose to set aside time for my own advancement and person growth.

Self-Reflection Questions:

1. How can I increase the time I spend improving myself, my mind and my spirit?

2. What sorts of activities can I do more of that will have me grow personally and spiritually?

3. What am I willing to commit to as a regular practice for personal growth?