

Personal Reflection Exercises...

I Am The Architect of my Life



I am the architect of my future.

I have control over my future and well-being. I am the architect who shapes how things occur based on what I focus on and act on. I am the one who is responsible for reaching new goals and overcoming difficult obstacles. I am the one who sees the path even in darkness. I am in control of my existence.

I have the tools and skills to build my future.

I have the courage, insight, imagination, and faith to bring about a positive future. I have the necessary internal instruments to make my future amazing.

I take responsibility for all of my actions as I create a future I can look forward to. **I acknowledge my mistakes as well as my achievements.** I focus on the positive aspects of my future, so my path is uncovered.

I clearly see the direction of my dreams and build toward it.

I am aware of the negative people and situations that want to disturb the future that I plan, but I am

stronger than their negativity.

I am the one who decides how the future will unfold. I am the one who determines my actions and reactions to events. I nourish my dreams and follow my plan to reach my goals. I surround myself with others who believe in my dreams and support them. I know I cannot win by riding solo.

Today, I am grateful to be the architect of my future. I am able to shape my existence and achieve my goals.

Self-Reflection Questions:

- 1. What can I do to increase my personal strengths that support me in building a positive future?**
- 2. Knowing I cannot win all alone, WHO can I turn to for inspiration & support as I build a new future?**
- 3. How can I create a future that helps me while also helping others?**