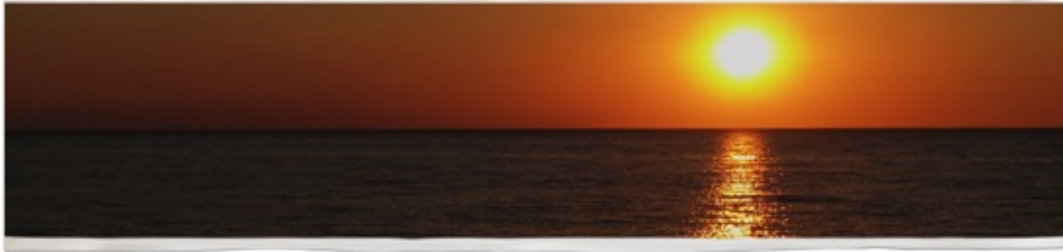


Personal Reflection Exercises...

I am relinquishing control over the uncontrollable.



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When I am in one of life's low valleys, I am comforted by positive thoughts. ***I am human and I am not expected to have all the answers.*** That loving piece of reality brings me such comfort that I can smile in the midst of shadows.

I am not in control of everything because there are things beyond my control. And that's okay. ***I am responsible for those things that I can manage, but I am quick to let go of the things that I cannot influence.*** In order to save myself from anxiety, I do not hold on to things that I cannot control.

I try my hardest with what I *can* control. I set fair expectations for myself. I am diligent. I am hardworking, yet I can admit my limitations.

When I identify things in my life that are uncontrollable, I let go of them quickly. I do not waste time trying to handle things that are impossibly out of my reach. I am happy to relinquish control because my ego and pride are in check.

When I have to acknowledge my lack of control, I do not feel guilt. ***By letting go of control, I make room for miracles.***

In situations where I am unsure of what to do, I seek help. If I see that there is nothing else I can do, I pray, then I simply let go.

I relinquish control of all situations to a Higher Power. Where my strength ends, there is a greater strength that carries me forward. When my abilities run thin, there is the power of miracles.

Self-Reflection Questions:

1. What are some things that I need to give up?
2. How can I free myself from undue pressures?
3. Why should I burden myself with things that I cannot control?