

Personal Reflection Exercises...

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By letting go of the tendency to compare myself unrealistically to others, I equip myself for greater happiness and productivity.

Everyone's journey is different. The point a person is at in his pursuit of his goals means nothing if I don't consider where he started and all the factors that have played into his progress.

Some people will appear to be ahead of me, and some behind. **Everyone progresses at his own rate**, affected by many issues.

I let go of the desire to place myself on a scale with others and, instead, look at how far I have come as the only accurate measure of my progress.

Not only will I be at a different point in the journey from anyone else, I may even be on a completely different road! **I am equipped for the unique journey my Creator has intended for me.**

I let go of the need to pine after someone else's talents or successes and focus instead on recognizing and developing my own. I free myself from the expectation to be something I was not equipped to be.

I wouldn't put a cat in a pasture and expect her to herd sheep! It doesn't suit her, and it would be a complete waste of my time to try to train her to do something so foreign to her nature.

In the same way, I strive to discover my own talents and develop those skills, recognizing that no one excels at everything. I excel the most when I accept who I am and strive to develop *my* full potential.

Self-Reflection Questions:

1. Do I recognize my own strengths?
2. Am I wasting time and energy trying to be someone I wasn't equipped to be?
3. How am I developing my strengths and talents?