

Personal Reflection Exercises...

Easter is a Time for Renewal



Even though religious beliefs vary, for many, Easter is a symbol of new beginnings.

I marvel at the flowers that are beginning to push through the earth and the buds on trees that are approaching the bursting point. **All these are signs of HOPE that bring expectations of NEW all around us.**

I take this time to focus on how this reawakening can apply to my life, my relationships, my health, my work, especially now.

I reflect on new ideas, perspectives, and actions that I can put into place that will affect my renewal.

I focus on newfound gratefulness for the abundance that is present all around me even during these turbulent times.

I make a commitment to look for the 'lesson' in all situations, even the most difficult ones.

I create a vision of a grander dream and direction to set my sights on for the future to come (because it WILL come).

Whatever stir rejuvenation for us, we need to hold on to it until it takes hold and bears abundant fruit.

Sending best wishes and blessings for a peaceful Easter and a revitalizing Spring!

Self-Reflection Questions:

1. What reawakening are you most anticipating in your life?

2. What NEW ideas, perspectives or actions can you put into place that will affect your life's renewal?

3. What vision do you hold for the new season ahead of you?