

Personal Reflection Exercises...

I Embrace this Day



I embrace this day.

I wake up feeling like I want to give the world a big hug. I embrace this day and the opportunities that it contains.

I start out with a few moments of meditation. I remind myself of my priorities. I consider the meaning of my life and how to use that sense of purpose to guide the decisions that I make today.

I make healthy choices that protect my body and mind. I eat nutritious, whole foods, and visit the gym after work. I take breaks throughout the day to stretch my muscles and calm my thoughts.

I focus on what I can do to learn and grow.

I view my time in the car with fresh eyes. Instead of grumbling about traffic, I enjoy the scenery. I notice a new restaurant that I want to check out. I admire my neighbor's lush green lawn. I radiate enthusiasm around others. I pitch in when others need help completing a task.

I listen attentively to a client who is concerned about an important project.

I share my love with my family and friends. I show kindness to animals, too. I pet my dog and fill my birdfeeder in the backyard. I use my free time constructively. I turn off the TV so I can read a book or practice an instrument.

Today, I celebrate the 24 hours that have been given to me. I treat them as a precious gift that I can use to enrich my life and share my joy with others.

Self-Reflection Questions:

- 1. What can I do to make today special?**
- 2. What am I grateful for today?**
- 3. How would I describe my 3 top priorities for today?**