

Personal Reflection Exercises...

I Choose to Be an Amazing Role Model



I Choose to be and Amazing Role Model.

I recognize that with every action, word and deed, I am creating a model for my children and others that I influence. **When I am at my best I demonstrate strength and resilience**, when I am at my lowest I demonstrate qualities I do not want to impart to my family or others. **I take responsibility for how I 'show up' in the world because I know there is always someone watching me.**

I choose to work on myself and consistently strive to become the highest version of myself.

I invest in programs and trainings that will help me reach my highest personal potential and be the very 'best' me. I know that when I do that, I am demonstrating what is possible not only to myself, but also to my children and those that I am around.

Learning new strategies and developing new strengths allows me to become the role model I have always wanted to be. I never want to demonstrate limitations, only possibilities & strength. **That's why I make my own growth a priority in my life.**

It is incredibly rewarding when I recognize that I am approaching a situation with much higher

emotional intelligence. **In that moment, I recognize my own growth as a person.**

It is even more rewarding when I can teach that higher perspective to my children or grandchildren because my learning a better way, a way that allows me, and will allow them to go through life with more joy and inner peace.

I am my own greatest investment because everything I learn, and every way in which I grow has a trickle down effect to my children and those around me that I love, and this is the greatest return on investment that I know of.

Self-Reflection Questions:

- 1. What are the ways in which I am a great role model?**
- 2. In what ways am I modeling dis-empowerment?**
- 3. How can I invest in my growth and thereby bless myself and my family at the same time?**

