

# Personal Reflection Exercises...

## I See a Clear Path To Enlightenment



### **I see a clear path to enlightenment.**

I see my journey to peaceful, joyful, and purposeful living in front of me and cherish it. It is my way of reaching complete happiness. The path has challenges, but I have the ability to move past them.

### **I know the path is gradual.**

I know I must take small steps along the way. However, the payoff is tremendous. I see how to obtain happiness and peace that lasts, one step at a time.

### **I purify my mind and body as I walk the path.**

I eliminate my suffering. This is why I stay on the path to enlightenment and continue to move ahead. I free my mind and body from pain, negativity, and harm.

I understand that my own mind can spring me forward or cause challenges – both mental and physical. I work to make my mind a clean slate that avoids negative thoughts.

I develop my mind, so it is strong and smart. I take advantage of meditation and yoga to reduce stress and bring me clarity, calm, and focus. I use my network of friends and family to stay strong. I train my mind on the path to enlightenment. I make my mind pliable and amazing. I listen, reflect, and examine my path.

Today, I stay on the path to enlightenment. I remain positive, focus on each tiny step forward, and use my resources wisely.

### **Self-Reflection Questions:**

- 1. What can I do to stay focused on the path to enlightenment?**
- 2. How can I avoid or overcome the obstacles in my path?**
- 3. How can I maintain my path to enlightenment during busy times?**