

Personal Reflection Exercises...

I Think Wholesome Thoughts



I think wholesome thoughts.

My mind is my source of action. It drives the choices that I make each day. I think wholesome thoughts so that my actions are honorable.

I am strong-willed. When I think of myself in that light, my motivation to be a go-getter is strengthened. Giving up is the last resort for me because I believe in my ability to find the answer to any challenge.

Giving others the benefit of the doubt means choosing to think of them in a positive light. It is only fair to view others from a level playing field.

Although I sometimes have doubts about the intentions of others, I avoid jumping to conclusions. I take their words and actions at face value until I am able to prove an ulterior motive. I feel that this approach is reasonable and fair.

Whenever I am offended by someone, I avoid letting my anger push me toward negative thoughts or actions. That is destructive behavior.

My thoughts in such situations involve envisioning a moral breakthrough for them. **Instead of consuming myself with negative energy, I rise above.** I pray that others realize the harm in their actions and make a move towards remedying it.

Thinking wholesome thoughts involves positive self-talk. When I repeat words of upliftment to myself, I begin to believe them.

Today, my mind is a vessel for goodness and light. I use it to bring positive energy to the world around me. Thinking wholesome thoughts makes the difference in a time when there is negativity all around.

Self-Reflection Questions:

- 1. What impact does positive thinking have on my ability to find solutions?**
- 2. What is the physical benefit of maintaining a healthy mind?**
- 3. How often am I at a crossroads where my choice impacts the life of others?**