

# Personal Reflection Exercises...

## I embrace the flow of new energy in my life



### **I embrace the flow of new energy in my life.**

I welcome new energy in my world. I embrace the changes and beauty that transform my existence.

### **New energy revitalizes my spirit, mind, and body.**

The energy helps me discover new fountains of creativity. I release the blocks that prevent new ideas from shaping my thoughts. I let go of my negative emotional patterns.

New energy helps create power for my spirit. It is part of my conscious existence and fills me with knowledge.

I cherish the energy that fills my life. My understanding of the universe grows with each burst of energy. I appreciate all of the levels of energy that appear in front of me. I know the balance of my spirit depends on this power.

**New energy is a life force that helps me celebrate the differences I see around me.**

The energy helps me let go of my boundaries and find my path in the universe. It increases my compassion and empathy levels. It shows me how to achieve my goals and uplift others at the same time.

Today, I am grateful for unending sources of new energy in my life. This energy shapes my spirit, giving me a zest to fulfill my quest for new adventure, skills, and knowledge.

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

- 1. How can I encourage new energy to appear more frequently in my life?**
- 2. What can I do to maximize my use of this energy?**
- 3. How can I help my family and friends discover their energy sources?**