

# Personal Reflection Exercises...

## Growth Begins with Acceptance



Growth begins with acceptance.

Refusing to dwell on things beyond my control allows me to move on. I practice acceptance, so I can grow.

Hardship and losses are a natural part of life. **Even when I am sad and disappointed, I can find something in any situation that I can use to my benefit.** I treat myself with compassion and take constructive action.

I put things in perspective. Most conditions are temporary. If I experience a reversal now, I may have a happy surprise later. When I think about the challenges I have overcome in the past, I build my confidence for dealing with my current issues.

I search for solutions. I focus on what I can do to enhance my situation. I change my attitude. I look on the bright side and count my blessings.

**I remember that struggling can make me stronger.**

When I am ill, I learn more about my condition and search for strategies that will help me to recover or

manage my symptoms. I use home remedies and talk with my doctor. I engage in pleasant activities that help take my mind off my discomfort.

When I have conflicts, I try to see events from the other's point of view while standing up for my own values.

**Today, I accept the truth even when it is difficult.** Facing facts instead of fighting them helps me to become more peaceful and productive.

### Self-Reflection Questions:

- 1. What is the difference between acceptance and agreement?**
- 2. What happens when I try to avoid uncomfortable situations and emotions?**
- 3. How can meditation and mindfulness help me to become more accepting?**



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