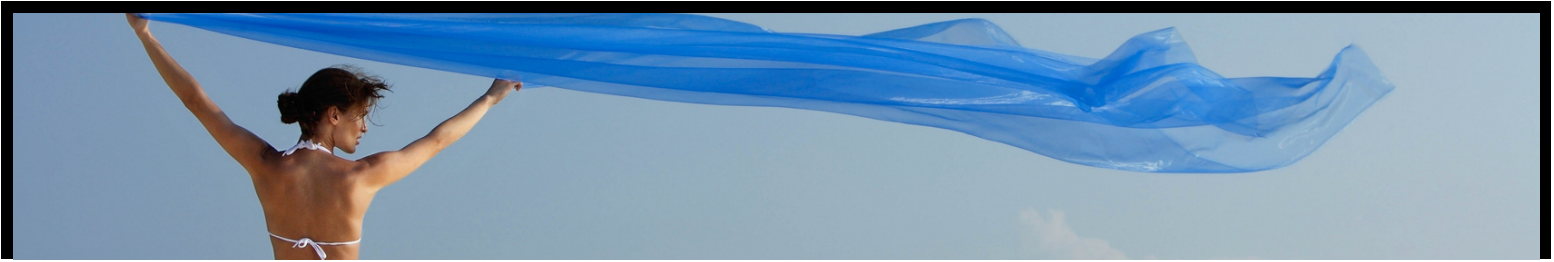


Personal Reflection Exercises...

I Live in Flow



I Live in Flow.

I used to be anxious, wondering if the things I was doing would bring me the results I wanted. Discouragement would set in when things didn't turn out the way I thought they would. **Many times I felt like giving up on my dreams.**

I used to lie awake at night reliving the day's events and wondering what might go wrong, what could have been done better, and worrying about what tomorrow might bring.

I had every reason to be happy but happiness and fulfillment were fleeting and I often felt the opposite.

But then, I DECIDED, that I would get the support I needed to change all of this. **I wanted my life to be well-lived and for me to become the person God wanted me to be** not only for myself but for everyone whose lives I touched. I know I needed to be a better role model for what is possible.

And now I know what actions and beliefs yield different results. I wake up each day with gratitude in my heart and knowing that I am finally the person I was born to be.

My past experiences left me hollow and unable to see the truth about the miracles surrounding me. **I now see clearly. I see myself, and because I know WHO I genuinely am, everything has changed.**

Gone are the worries and dark clouds that would hang over me. I now choose joy and gratitude, and I live into it daily.

I am finally a positive force in the world and touch the lives of others positively and lovingly. **I shine my light onto the world.**

Self-Reflection Questions:

- 1. What would your highest potential look like?**
- 2. What dreams would be fulfill if you lived in possibility?**
- 3. What do you need to become a powerful role model?**