

Personal Reflection Exercises...

I Listen To My Heart



I listen to my heart.

My heart drives decisions that are tied to emotion. I know that deciding with emotion sometimes results in undesirable outcomes. But I give my heart great credit for keeping me connected with the softer side of people.

I rely on my heart to tell me when I am making the right choices for my happiness. I am careful with my definition of true happiness. I know I can rely on my heart to help me find it.

My family and friends are special to me. I like to make them happy by my words and actions.

I am also very honest with them. They deserve to know the sometimes undesirable realities of life. But at times, their emotional well-being takes precedence. I often find it necessary to overlook practical decisions to keep them happy.

Listening to my heart helps me be sympathetic with people in pain. Even when I am personally unaffected by an incident, I avoid appearing disconnected. .

Emotional maturity means I am able to empathize when others need my support.

I am careful to listen to their cues and do my best to cater to their emotional desires. My family members have a shoulder to lean on when their heart is aching.

Today, I am committed to achieving balance between emotional and practical thinking. Such equilibrium helps me to effectively handle situations. It also helps me to remain connected to those I care about.

Self-Reflection Questions:

- 1. In what scenarios does my heart unwisely cloud my judgment?***
- 2. What is the best mental state to be in before making a decision tied to emotion?***
- 3. How helpful is dialogue in helping others make wise decisions***