

Personal Reflection Exercises...

I am living a vibrant and healthy life.



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I breathe in and know that my life is fit and vivacious because I make it that way.

I love feeling healthy and energetic. I can enjoy every moment of my day because I just feel good. I feel this way because I take care of myself through proper rest, nutrition, and exercise. When I take care of myself, ***I gain an intense energy and enthusiasm for the day and my life.***

There have been times when I didn't want to exercise, or when I chose unhealthy foods, and that's okay. That was my yesterday; it doesn't have to be my today.

I am strengthened and empowered when I do what I need to do to take care of myself. I feel better as my body is nourished and active I feel alive! ***The positive energy within me radiates joyfully like the sun.***

The sunlight shining from my smile feels like an electric current. My energy is high and I can achieve all my goals. When I am feeling low, I spend a few minutes exercising my body and mind. I then immediately feel recharged. The people around me can feel my energy. It seems that when I am a bright

light, others respond positively and they, too, are more vibrant. ***My positive attitude is contagious!***

Today I choose to nourish my body and mind so I may continue to feel healthy and alive. I am taking care of myself so I can be full of life and joy for others.

Self-Reflection Questions:

1. When was the last time I felt really alive?
2. When was the last time I felt down? What will I do about it next time?
3. What do I feel like after I exercise and take care of myself?