

Personal Reflection Exercises...

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A habit is a pattern of behavior that is an automatic response or action. This happens after doing a particular routine for a length of time until it becomes natural. I have had many habits in my lifetime. **Today, I choose to create constructive and positive habits.**

By focusing on healthy and productive routines each day, I begin to create positive habits. Nourishing my body with healthy foods every morning is a healthy habit I maintain each day. Setting aside time each day for self-reflection and prayer has also become a positive habit in my life.

My character is made stronger by positive habits. These habits have become a part of me. I am a stronger and healthier person because of my healthy routines. I continue to create healthy behaviors and habits leading to my positive transformation and growth. I become healthier as I practice my healthy routines.

Today, I honor my existing positive habits and continue them because they are a part of who I am. I create more positive behaviors and continue doing so until they also are a

part of who I am. In doing so, my patterns of behavior continue to be constructive and healthy.

Self-Reflection Questions:

1. What are my healthiest habits?
2. How have I created new positive habits?
3. How can I turn an unhealthy habit into a positive one?