

# Personal Reflection Exercises...

## I live a worry free life.



### I live a worry-free life.

There is no better way to live than to live a life full of joy, health, peace, and happiness.

I choose to live a worry-free life because I know that anxiety crowds out productivity. I can and do plan for the future, but ***I realize that the only moment I can control is the present.***

I use the creativity and wisdom I have gained from my experiences to make the best plans I can for the future. I realize, however, that even the most carefully laid plans are just ideas figments of my imagination susceptible to factors outside my control. ***By acknowledging that I have no control over the future, I free myself from the dead end of worry.***

I choose to conserve my mental and emotional energy by keeping my focus on the reality of what is in front of me. ***I make the most of this moment and trust that I will be able to handle the next when it comes.***

When my focus is on *this* moment, I am alert and able to recognize the people who are invaluable to me. When my focus is on *this*

moment, I am able to take advantage of new opportunities that come my way and create a life that is rich and rewarding.

By letting go of worry, I free myself to use my energy to be productive in the here and now.

### Self-Reflection Questions:

1. Am I wasting time fretting about something that is outside my control? Why?
2. What do I realistically gain by worrying?
3. What can I do, today, to help me live a worry-free life?