

Personal Reflection Exercises...

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Letting go is a freeing process to renew myself. ***The old me is buried when I release my inhibitions and awaken anew.*** There are many things in my life of which I must let go in order to free myself for the blessings in store for me.

I let go of all anxiety and stress to cleanse my mind. When I let go of my worries, I enjoy peace of mind and serenity in my soul. I am liberated when I surrender control because my mind is free from tensions contamination.

I let go of the emotional wounds of my past so I may cleanse my spirit. No matter what is behind me, I move forward to a better day. I block out evil thoughts and replace them with faith and trust. And I know my present and future holds the best days of my life.

In order to cleanse my body, I examine my diet and make adjustments where necessary. I cut out fatty and unhealthy foods and I eat vegetables and foods rich in vitamins and nutrients. My body is free from drugs and other toxins. My lungs are free from smoke. I

enjoy breathing fresh air.

Cleansing helps me enjoy my life to the fullest. ***I cleanse to fill myself with things of value.*** I add healthy habits to my life so I may improve my body. I add clarity and perspective to improve my mind. I add peace of mind and strength to improve my spirit.

Self-Reflection Questions:

1. How can letting go improve my health?
2. How can I cleanse my body and mind?
3. Am I holding onto emotional wounds from my past that I need to release?