

Personal Reflection Exercises...

There is peace in my life.



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Knowing there is peace in my life gives me comfort. There may be times when I feel overwhelmed by the various pressures of life. I combat those feelings by experiencing daily moments of calm.

The world occasionally seems to move too quickly. This does not upset me because I set my own pace. I am capable of determining how fast my life moves. It is up to me to stop and enjoy peaceful moments in my life.

I find time for myself every morning.

This is so precious to me because it allows me to enjoy moments of calm before my day begins. I remember my dreams, prepare for the adventure of a new day, and focus on achieving my goals.

I also take time throughout the day to enjoy peaceful moments. When I take a lunch break, I occasionally go for a walk and simply listen to nature. In the evening, I find time to enjoy a book I've been longing to finish. While driving in the car, I turn off the radio and release my thoughts. I make time to relax in the park, go to the beach, or visit a museum.

Escaping for a moment gives me pleasure. When I experience these moments, I am revived. I feel rejuvenated and I know that I am able to take on the world.

I allow these moments of grace to enter my life daily. ***I am important enough to give myself perfect moments of quiet.*** I am grateful for the peace I have in my life, and I make time for calm to enter my soul.

Self-Reflection Questions:

1. Do I give myself moments of peace every day?
2. When do I feel the most calm and peaceful?
3. How can I invite more peaceful moments into my life?