

Personal Reflection Exercises...

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I am proud of the person I have become. I choose to forgive myself for the mistakes of my youth because I am a different person today than I was then. ***Today, I choose to love myself regardless of choices I may have made in the past.***

The lessons I have learned from my experiences have shaped me into the person I am today. Who I have become determines who I am today. My prior actions no longer define me.

When I think of my past I feel satisfied knowing that every step I have taken has led me to where I am. Regardless of where I come from, I am happy with whom I am today.

The obstacles I have overcome have shaped me in positive ways. I replace regret with gratitude in order to continue to grow.

I sever any unneeded strings that bind me to my past. Those days are behind me, unable to dictate my future. I rise above any prior shortcomings and soar beyond my previous limitations.

Confidently, I place one foot in front of the other as I crush the fear of past failures under my feet. Every single experience puts me one step closer to my dreams.

Today, I choose to believe I am living my best life. By anchoring myself with faith, I rid my actions of hesitation. I am better, wiser, stronger and more loving today than I have ever been. My present is more illuminated than my past, but my future is even brighter still.

Self-Reflection Questions:

1. What memories do I need to put behind me in order to move forward?
2. Do I allow past failures to intimidate me?
3. How am I better today than I used to be?