

Personal Reflection Exercises...

I allow myself to simply be me.



I allow myself to simply be me.

I believe that I was created by a master artist and I am confident that I am who I was meant to be, so I gladly allow myself to simply be me.

I may be a work-in-progress, but I keep myself continually open to the smoothing and shaping hands of my Maker. I choose not to waste time worrying about what could be, if I were someone else, because ***I am happy being me.***

I believe that there is plan for my life. I may not be able to see it all clearly right now, and that's okay. I don't have to be able to see every step I need to take (or why I need to take it). I simply focus on developing the skills and talents instilled within me from the beginning. As I do so, ***my purpose becomes clearer, one step at a time.***

Because I am confident in my purpose, I am able to relax and enjoy the success of others without feeling the need to compete. I let go of the tendency to glorify other people's successes and to view them as more important than my own. Some may be more glittery and noticeable than my own, but they are no more important.

I want to thrive in my *own* life. This means that I must let go of the idea that I can, by sheer effort or willpower, fulfill someone else's purpose. Instead, ***I focus on my own path***, knowing that it, too, is important. After all, I am the only one suitably equipped with my talents, personality, and circumstances to fulfill my purpose.

Self-Reflection Questions:

1. Am I trying to fulfill my own purpose or someone else's?
2. Am I able to be happy for others without feeling the need to compete?
3. Do I recognize the value of my own set of talents and circumstances?