

Personal Reflection Exercises...

My life is full of joy, health, and happiness.



My life is full of joy, health, and happiness.

My life is filled with everything good. Inside my heart there is an overabundance of positive emotions. When I think about my life, I am overwhelmed with gratitude for all my blessings. ***True joy is the result of a grateful heart.***

There are innumerable sources of joy in my life. My family and friends are the most precious gifts I have ever received. The unconditional love that I experience with them, especially in times of need, fill my heart with joy.

My joy is contagious and constant. ***I choose to rejoice in every circumstance.*** I am filled with joy because I focus on the good things and give thanks for my life.

The quality of my life matters; therefore I strive to live the best life I can. My goal is not merely to survive, but to live out the plan that has been set before me.

I practice healthy habits in order to enjoy good health. Good health improves my stamina and my ability to enjoy life. When I feel good physically, I feel good emotionally.

Everywhere I look, I see a new source of happiness. ***I pay attention to the little details that make life great.***

Each day, I aim to share a deep laugh with someone. I allow myself to release my inhibitions, throw my head back, and laugh like a child. I surround myself with happy people in order to keep the feeling alive.

Today, I choose to look at life through appreciative eyes that focus on the small things that bring me joy, health, and happiness.

Self-Reflection Questions:

1. What are my sources of joy?
2. How do I take care of my body?
3. What am I grateful for today?