

# Personal Reflection Exercises...

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I release the tendency to try to control the thoughts, opinions, or actions of other people and focus, instead, on self-improvement. After all, there is only one person I have power over: myself!

Of course, I like it when people think well of me, but ***I let go of worrying about what they might think.*** It's a waste of my time and energy and causes me undue stress. I know I do my best and that is all I can do. I accept this and am okay with it.

When I live by the Golden Rule - "*Do unto others as you would have them do unto you*" - and remain true to myself, I am confident most people will think highly of me. If they do not, I refuse to let it bother me, since I cannot control them anyway.

***I like knowing that I am in control of my own thoughts, behaviors, and actions.*** It sure takes the burden off my shoulders to know that the only person I need to control is me. What an uplifting revelation!

I have gratitude to bring me joy.

I have a passion for life that enables me to enjoy every minute of every day by simply living *in the moment*.

I have affirmations to replace negative thoughts and attitudes with the positive ones I deserve. This tool allows me all the self-improvement I could ever desire.

Armed with my tools and my understanding of how I can shape my world, ***I go forth confident of success.*** Today, I choose to live every moment true to myself, not worrying about what others might think.

### **Self-Reflection Questions:**

1. Do I fret over what others think of me?
2. What have my results been like when I've tried to control someone else?
3. What tools do I have that enable me to shape my surroundings?