

# Personal Reflection Exercises...

## I give myself permission to be healthy in body, mind, and spirit.



### **I give myself permission to be healthy in body, mind, and spirit.**

I have the freedom to lavishly nourish my body, mind and spirit. It is *more than okay* for me to pamper my body with massages and skin moisturizers. It is *more than okay* for me to indulge my mind in a great book. It is *more than okay* for me to spend time building myself up in prayer.

To nurture my body, I regularly take time to exercise. ***My exercise routine, combined with a healthy diet, is my recipe for a better me.***

Getting a full night of restful, uninterrupted sleep is also a priority that contributes to my physical health. I top all of this off with good habits, which include keeping toxins out of my system.

***My mind is the starting line of my thoughts, feelings and actions;*** therefore I must cultivate it. I challenge my mind daily. My schedule always has room for a good read.

My mind is trained to focus on delightful things. I protect my eyes, ears and heart from negativity by limiting the time I

spend in front of the TV. Instead, I go outside and take in the beautiful sights and sounds of nature.

***I maintain a healthy spirit by feeding it a balance diet of love and reflection.*** Reflecting helps me identify and avoid situations that have a negative impact on my spirit. I spend my time doing the things I love. I am sensitive to the spirit within me and listen to its voice.

It is *more than okay* for me to have a healthy mind, body and spirit because the trio helps me to live my best life.

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

1. What can I do to benefit my body?
2. How can I challenge my mind?
3. How can I nurture my spirit today?