

# Personal Reflection Exercises...

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With every new day I find something new to discover and learn.

I learn about the world around me and the world farther from me. ***Sometimes it is not the things that I learn outside of me that excite me but the things I learn within.***

When I read, watch the news, or seek out new opportunities, I learn new things. I talk to others and fully listen when they are speaking and I learn from their daily experiences as well.

Each day is unique and I experience things in a new way. ***Each day is an opportunity to learn something new about myself.*** I learn that I can be compassionate. I learn that I am capable of achieving whatever I put my mind to. I am a fascinating, capable person and there is much for me to learn about myself.

I learn something new each day because I am present and fully pay attention to the things that surround me. I pay full attention to the feelings, thoughts and experiences within me and thus I learn about myself.

Every day is new and offers ***boundless opportunities*** to experience and learn. I choose to begin each day with an open mind that is ready to understand.

Today I will take full advantage of each opportunity to discover and learn. I will learn about myself as well as learn about the things in the world around me. When I am fully present in my day, I am able to learn and understand many things.

### Self-Reflection Questions:

1. Have I opened my mind to all of my opportunities to learn today?
2. Have I discovered new things about myself today?
3. What was today's greatest lesson?