

Personal Reflection Exercises...

I have a bright and engaging emotional future.



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My future is bright and beautiful. ***I am the ruler of my emotions and I direct them toward fulfillment, peace, and joy.***

As I examine my emotions, I see the beauty in them. They all have value and worth. They lead me through a happy and enjoyable experience of life every day.

Each day, I see that I can choose the direction my future takes. I make the choice to move my life forward. Emotions are an important part of my life and I can choose how to control them. By seeing the value of my emotions, I have more understanding.

My past challenges are gone, and I let go of the emotions from them. I allow only positive thoughts and emotions into my life. ***Each day, I work to remove negativity so I can have joyous experiences in my life.***

Others want the joy and happiness I have. They like to be around me. They find my joy refreshing and they look for more joy

in their own life because of me. I love to share my bright and engaging future with others. I look for ways to advance my life.

There is always something valuable I can learn. Then, I teach that valuable information to others. Because I help others visualize their bright futures, my future looks bright as well. ***I look forward to what my emotional future will bring me.***

Today, I see that my emotional future is bright, and it brings me great joy.

Self-Reflection Questions:

1. What can I do to keep moving forward emotionally?
2. How can I let go of any past hurts that I'm still holding onto?
3. What is the best way to show others how to embrace their emotional future?