

# Personal Reflection Exercises...

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I make it a point to foster peace and relaxation in my life, because I value my life and my well-being.

I slow down to allow peace into my mind. If a harsh thought attempts to assault me when I start to relax, I refuse to pay attention to it. Instead, I choose to be still, knowing that there are far more peaceful, positive thoughts to protect me against mental assault.

I train and reward my mind by actively following positive thoughts and allowing the negative ones to fall away unattended.

**Negative thoughts, left unfed, will die off.** They do not distress me by their presence, and I allow them to come and go without any direct attention from me.

**Periodic relaxation is the gateway to peace, through which I find health, wholeness, and productivity.** By taking time to settle down and to open myself up, I achieve a richer and more fulfilling life.

### Self-Reflection Questions:

1. In what ways do I foster peace in my life?
2. Do I allow my fear of negative thoughts to keep my mind too busy for my own good? Why?
3. In what way can I open myself up to peace today?

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