

# Personal Reflection Exercises...

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I am proactive about my peace of mind.

***Peace does not come to me accidentally I seek it.***

Each day, I take a mental inventory of how I feel. I identify the things that caused me stress and the things that brought me joy and I am in constant pursuit of true happiness.

***Self-reflection on a regular basis helps me become aware of the things that cause me stress.*** I plan to protect myself against these things in the future and strive to avoid them altogether.

I know what makes me feel stressed and I know how to counter anxious thoughts. I am in tune with my body and mind. ***My body sends me physical signals I can identify as cues when stress overwhelms me and I choose to obey these cues.***

To reduce my stress, I plan ahead in order to stay organized. I complete my work early so I can be relaxed near deadlines.

I am not alone in this life and so I allow myself to trust others and ask for help when I

need it most. That is why I take on the appropriate amount of responsibility that I can handle and I either postpone or delegate anything above that.

***I have the courage to walk away from situations that cause me stress.*** I am guilt-free because I choose to sow peace over conflict, and I understand that peace comes from within. I choose to let it radiate from within me!

### Self-Reflection Questions:

1. What triggers my stress?
2. What are my physical signs of stress?
3. How can I alter my life to protect myself from stressful situations?

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