

Personal Reflection Exercises...

My accomplishments display the pride I have for myself and my capabilities.



My accomplishments display the pride I have within.

I have goals and ambitions. This shows the satisfaction I have for me and what I am able to accomplish.

I enjoy simply having goals and aspirations in life; this allows me a place to travel in life. I can celebrate when I reach a goal and feel proud of the accomplishments I have had.

Goals are very important and it is a big deal when I reach mine. My success is reason to celebrate!

I love that I am able bodied and am capable of so many different things. I use my talents and abilities to reach goals that I set for myself. Reaching my goals is a real accomplishment and it shows that I take pride in myself. I take pride in the fact that I am continuously learning and growing, while becoming a better person. This makes me feel strengthened and I am encouraged to share my accomplishments with others.

When I look at the road I have traveled, I remember each accomplishment I have had along the way. I appreciate these accomplishments and celebrate each one because I am truly a success!

I take pride in each goal I have achieved, and I will always strive to reach greater heights.

Self-Reflection Questions:

1. What goals have I had in life?
2. How have I accomplished these goals?
3. Have I taken the time to celebrate my accomplishments?

Ryan Purosaari