

# Personal Reflection Exercises...

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I aim to live a life that is peaceful and productive. Relaxation is one of the most important tools I use to achieve this goal.

When I relax, I allow the stress of the day to slip from my body. My muscles loosen, and within a few minutes, my thoughts begin to calm.

***By allowing relaxation, I enable myself to choose healthy responses to stress.*** I disallow reactionary responses and, instead, choose words and actions that reflect wisdom and insight.

Taking a few moments out in the middle of a busy day also increases my productivity. This time is important, and I make it a priority. By allowing myself to sit back and close my eyes for a few minutes, I restore my energy and revitalize myself.

Sometimes the busyness of my day does not allow for more than a few moments of rest. That's okay. When I reserve time for myself in the evening or on the weekend, it still enables me to be motivated and able to deal with the challenges at hand.

***Setting aside time for myself is an investment.*** It gives me energy and allows me to be far more productive. I find that I am calmer, wiser, and better able to deal with life's challenges when I make time to relax.

### **Self-Reflection Questions:**

1. Do I allow myself to take time out to relax?
2. What activities relax or recharge me?
3. What could I change in my daily routine to allow for a few moments of relaxation?