

Personal Reflection Exercises...

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Relationships are far more important than riches. There is nothing in life more valuable than relationships. ***Possessions are temporary and passing, but relationships make life-changing marks on our hearts.***

I choose to spend my time and money on the people I care about. When I receive an invitation to connect, I make the necessary arrangements to meet with my loved ones. Rearranging my schedule to make time for my loved ones is a sacrifice I am glad to make.

Daily, I seek to make long-lasting memories with my family. When we are together, I ignore small annoyances and focus on joy. My camera is always within arms reach so that I can capture memories to remember for generations to come. ***I forgive my loved ones quickly of any offenses because life is too short to waste on frivolous disputes.***

Relationships are my safe haven from life's torrential rains. Good friends can turn even the toughest situation into an

endurable adventure. My friends and I help each other laugh through the storms and relax during the calm because that is what we do.

It takes a lot of effort to maintain relationships; therefore I work hard to be a good friend. ***I have a tight grasp around those I love because life is full of distractions that can pull me apart from my friends, unless I make the conscious decision to hold on to them.***

Today, I choose to make time to invest in my relationships. I stay in touch with old friends because a well-tended friendship has the ability to outlast all other things in life.

Self-Reflection Questions:

1. What can I do to strengthen my relationships?
2. Is there someone I have lost touch with that I should call today?
3. Do I forgive my loved ones quickly?