

Personal Reflection Guide

***7 Reflections
to Help You Build
Confidence for Greater
Personal Success***



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Action and Prayer



By combining action with prayer, I can accomplish anything I choose.

When I need direction and guidance about where to go next, I turn to prayer. Prayer is my way of pouring out my heart to my Creator and communicating my deepest needs and desires.

I feel peace when I pray because I lay down my worries with the One who has all power. I experience the reassurance of complete surrender to the will of my Creator, who has a greater purpose for my life.

When I pray, I do more than hope for an answer; I become part of the answer. I put feet on my prayers by mobilizing myself into action.

Prayer is the beginning of a journey, not a dead end. ***Although prayer sometimes requires waiting for direction, when I feel that the moment is right, I spring into action.***

There are times when prayer alone is all I need. Simply talking about my circumstances helps me feel better. At times, I need to pray and wait in faith. Other times, though, I must pray and then act with boldness.

Acting without praying can be a recipe for disaster, like a ship without a compass on the open seas. Prayer underwrites my sense of direction, preventing me from getting lost.

On the other hand, praying without acting is like sitting in a car with the emergency brake on, hoping the vehicle will start moving.

Today, I choose to combine action with prayer in order to see my dreams fulfilled. I use wisdom to differentiate between the time to pray and the time to act in order to get the most out of both.

I Am Valuable



I am a valuable, lovable, and irreplaceable person.

I have a healthy self-esteem because I know I am a unique and priceless individual. My love is pure and unselfish. I strive to be the very best I can be.

Regardless of my efforts at self-improvement, I do not aim for perfection, as that would be impossible. ***I am happy about where I am and also look forward to where I will be tomorrow.***

My past experiences have molded me into what I am today. They are different from the experiences of any other person on this earth, making me totally unique. ***No one is just like me!*** I love my subtle differences and am grateful for them.

I am valuable to my loved ones. ***I make it a point to make time for my family every day.*** I support and nurture them and show my love for them in my thoughts, words, and actions. They know that whenever they need me, I am there for them.

I am valuable to my co-workers. I strive to do a fine job at work and foster a pleasant working atmosphere. I help my co-workers whenever I can lend a hand.

Sure, it takes time, energy, and effort to live my life this way, but it is the way that fulfills me and makes me the irreplaceable person I am.

Today, I want to shine!

At my workplace, I plan to be a positive force for productivity. At home, I intend to instill a happy aura that everyone enjoys. And for myself, I choose

to meditate and reflect on the good things of the day before I retire in the evening.

Self-Reflection Questions:

1. How am I valuable to myself and others?

2. Do I feel lovable? How can I strengthen this feeling?

3. What makes me irreplaceable?

A Positive Effect on Others



I have a positive effect on others.

I strive to leave a positive impact wherever I go. As a result, others look forward to my visits and the good effects spill over to me, too!

In the mornings, ***I help my family get started in a good mood.*** I prepare clothes the night before and keep backpacks by the door to prevent a stressful and frantic morning rush.

At work, I encourage a peaceful, productive atmosphere. I avoid participating in gossip and office politics, and ***my co-workers feel confident around me.*** I am sure to give sincere compliments to others for a job well done.

My clients enjoy doing business with me because I go out of my way to give them a good experience and I show appreciation for their business.

At the grocery store, I am patient with a harried mother counting out change for her baby's formula. I share food, drink, and money with the beggar on the street corner. ***I open doors for others and give them a warm smile.***

I make it a point to say, "Thank you," and I make my discussions encouraging and optimistic.

In these small ways, I know that I make a positive difference in my community.

In the evenings, my family has dinner together and we share our day with each other. We use the meal as a time to catch up, share our plans for the future, and show our support for each family member.

Today, I plan to step up my positive impact efforts and help a stranger in need.

Self-Reflection Questions:

1. What kind of effect do I have on others?

2. Do other people seem genuinely happy to see me?

3. How can I increase my positive effect on others in my daily routines?

Focusing on the Positive



I must focus on the positive and constant things in my life.

I have so many beautiful reasons to be happy that I could never waste my time looking at the negative. My eyes are fixed on the things that add life to me and my mind is anchored on valuable thoughts. There is a song of thanksgiving on my lips.

I release myself from concerned thoughts of things beyond my control. Temporary situations cannot consume me because I know they will not last. Instead, I focus on my blessings.

My family is the rock under my feet that will never be removed. They are the most constant force in my life. Their love is unwavering. I know ***I am loved regardless of whether I fail or succeed.*** When I think of this, I am filled with joy.

Whenever I feel negativity creeping close to me, I speak to my heart. I remind myself of all the things I have going for me, and the things I look forward to achieving in the future.

Regardless of how bad or good yesterday was, today the sun will rise. Every morning, the sun rises as a reminder from heaven of the gifts we are given each and every day.

When I look at the sun, I am reminded that ***life happens one day at a time.*** This thought prompts me to release my inhibitions and allows me to focus on the things that matter.

Ridding Myself of Self-Sabotaging Thoughts



I rid myself of self-sabotaging thoughts.

Needless worries, stressing over situations I cannot control, and putting myself down are part of the past. I now choose a positive outlook and a fresh perspective. My mind is free from self-sabotaging thoughts, and I am enjoying every second of my newfound confidence!

I am my own best friend and my rowdiest cheerleader. I am fully aware of my abilities. I know I can do anything that I put my mind to. One way or another, I always overcome whatever hand I am dealt. ***This is proof that I am a strong, independent, and kind soul.***

I channel only positive thoughts in order to lure outstanding results. I experience positive outcomes in my life because I maintain a positive outlook. I focus on solutions instead of problems, and I find the good in the most challenging circumstances I face.

I am a very confident person. I believe in my ability to succeed in all instances. I am an attractive person and I easily make friends because of my positive outlook and charm. I navigate through the rough seas of life safely and effectively because of my self-confidence.

I feel secure in who I am and in the direction my life is going. I am perfectly content and secure where I am while continuing to pursue my dreams.

Today, I value myself as a person. I am strong, kindhearted, intelligent, and beautiful inside and out. My life is filled with self-confidence and success. I happily chase my dreams while embracing the present moment.

Opportunities and Confidence



I seize opportunities with confidence.

I put an end to self-doubt through renewed optimism. True belief in my abilities gives me the confidence to conquer fear and spring into action. I live a life free from regret because I am willing to take risks.

Instead of thinking negatively and talking myself out of my ideas, I convince myself to embark on new journeys. Fresh challenges are appealing to me because I enjoy the thrill of a new adventure more than I fear the unknown.

I take chances by acting based on my instincts instead of rationalizing every detail of my decisions because sometimes opportunities are inexplicable. The only way I can achieve the unfathomable is by believing it to be possible.

When I combine fervent faith with active determination, the possibilities are endless. I act because I expect amazing things to result out of my actions. It is that anticipation which propels me to jump into action when others waiver in doubt. I choose to focus on how something *can* be done rather than on current constraints.

I draw a clear line differentiating between what I consider being reckless and taking a calculated risk. Although I must often venture beyond my comfort zone to seize opportunities, I stop short of violating my peace. I give myself time to take up challenges at a manageable pace.

Today, I choose to lay fear and pride aside and dare to act in an unexpected way. By doing something I have never done before, I reap results superior to any previous achievement.

My Footprints



The footprints I am leaving on this earth are making a lasting impact.

I live my life as a force for good. I see the beauty and joy in this world and I pass this knowledge on to others, hoping they will see the same.

I am striving for the ripple effect where each person I help starts another ripple that gets larger and larger as time goes on. ***I do not need to make waves in mass quantities in order for my ripples to have a lasting impact.***

It's like the story of the boy on the beach. One day he came upon hundreds of starfish that had been stranded. As he walked, he picked up one starfish at a time and threw it back into the ocean.

A man happened by who saw what he was doing. He asked the boy, "*How can you possibly make a difference here? There must be thousands!*" The boy replied as he picked up another starfish and tossed it into the water, "*It makes a difference to this one.*"

Similarly, I know I make a significant difference in the lives of others.

My spouse's life is made better by my presence. I teach my children how to live responsibly, joyfully, and develop their God-given talents for a happy, fulfilled life. They then pass along this gift to their children and my impact goes on for generations!

It is a good legacy and I am thankful for it.

Today, I plan to start at least one new ripple of joy by helping someone who never expected it.

Self-Reflection Questions:

1. What am I doing to make a lasting impact on this earth?

2. Am I teaching others to do the same?

3. Do I feel I make a significant difference?

About www.hissideofthelookingglass.com



How we feel about ourselves has a direct impact on how successful we will be – in all areas of our lives. Unfortunately, negative feelings - including feelings of insecurity, insufficiency, and inadequacy - can cause us to sell ourselves short.

Negative feelings like these are often the result of low self-esteem, which can impede our efforts to accomplish more.

His Side of the Looking Glass was created to provide Christian resources designed to help you:

- Change your mind about yourself
- Discover WHO you are and WHOSE you are, and
- Build the confidence you need to not only accomplish more, but reach your highest potential.

Visit us regularly for tips and resources in your effort to maintain your newly developed habit of seeing yourself as God sees you. You'll be amazed at how much more you can accomplish and achieve with increased confidence.

Do not conform to the pattern of this world, but **be transformed by the renewing of your mind.**

Romans 12:2 (NIV)