

Module 15 – Ongoing Reflection

Motivational tips for life:

- Believe change is possible. Never give up on your positive journey through life.
- Believe you have the power to overcome personal obstacles, such as negative genetics, negative influences, negative past behaviors, and past poor choices.
- Recognize the resources available to you such as school counselors, religious leaders, family, and friends. Use them to create a better future for yourself.
- Pursue new resources. Surround yourself with positive people who will help and encourage you on your path to success. Always offer encouraging support to others.
- Decide what you want and pursue the life you deserve. Persevere and don't allow yourself to feel hopeless or helpless.

Take your time as you work your way through the following thoughts. These words of wisdom and the reflective questions are simple, but they require your time and effort to consider them fully. Carefully read each statement and write down your thoughts and feelings as you go through each one.

By now, you should recognize the benefits of becoming a positive person. Michael Koehler and Karen Royer found there are six facets of character that help people develop positive patterns of behavior. Consider your ability to achieve the following:

- * Be unconditionally kind most of the time
- * Be free from inner anger
- * Commit to worthwhile causes and events vigorously and confidently
- * Be self-controlled
- * Comply with rules and regulations
- * Understand the consequences of behavior

More than anything, remember you oversee yourself. No one else can determine your life, nor can you determine anyone else's life. Your life success is partly decided by the choices you make, and the attitude you have about your choices. In life, you must look at yourself and not dwell on the expectations or ideas of those around you. Living your life based on the expectations of others only creates anxiety, false ambition, or unrealistic expectations. You must become your authentic self, and that can only occur through an open and honest self- assessment, stemming from reflection.

