



# Entire Life Reflection Exercise

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**On the next page, write your entire life reflection in first person, present tense vs past so you can use it as an affirmation and live it out:**

## **Example:**

I am an incredible husband/father/son/friend/family member (these are the people most important to me). I am a completely authentic person who is honest and gives 100% genuine effort and information, and therefore people naturally trust me. This makes me successful in life, including as an entrepreneur. I make people feel special and appreciated. I have a positive impact on each person and each thing I touch. (I always want to leave things better than the way I found them.)

I have a solid character, and make ongoing efforts to bring family and friends together to enjoy one another and keep the relationships strong.

I love life and view it from the perspective of gratitude. I am grateful for the opportunities that I have and the unconditional love I have received.

I work on becoming my best possible self, and improving and learning every day.

I inspire many and enjoy sharing my gifts and knowledge with people - mentoring/teaching/coaching, and giving back to the community and world.



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