

Personal Reflection Exercises...

Each day I learn something new.



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Knowledge truly is power. For this reason, I make it a priority to learn something new each day. Due to my efforts, ***I am a wealth of useful information.***

I interact with new people on my commute to work and in line at the bank. ***I choose to make small talk with customer service agents and telemarketers on the phone.*** I recognize that everyone has something valuable to teach me. I actively reach out and make new acquaintances to learn about other towns, cultures, and even company secrets.

While most of my friends are watching reality television shows, I choose to stay informed by watching the news. Just one hour of news each night makes me the go-to source for current events in my social circle. I choose to watch television programs that are educational and informative, making the most of my time in front of the screen.

Reading is an important part of my life. I make it a point to read an abundance of self-help, history, and how-to books.

Of course, it takes me several days to read a single book. However, ***by the end of the week I often have a new skill.*** And, I have valuable information to offer to others when they need it.

Today, I tap all resources of information that can help me learn something new. ***The world around me is the best educational institution in the world.*** Every personal encounter and experience offers something new to learn.

Self-Reflection Questions:

1. Am I comfortable making small talk with complete strangers?
2. How can I become more aware of my local news?
3. How can I make the time to take a class that teaches a skill I am interested in?