



I Go Within and Get in Touch with My True Self.

Deep inside, I know what is right for me. *I am aware of where my values lie and which life choices make me happiest.* Therefore, I regularly go within and get in touch with my true self.

I trust that the answers I need are inside of me. If I feel uncertain, I take a moment to breathe deeply and evaluate the situation at hand in light of my highest vision of myself. The answer always becomes clear.

This self-searching is an ongoing practice for me. Because I stay in touch with myself, I increasingly find myself knowing intuitively what I need or what to do in any situation. *I act with confidence, knowing that I am aligned with my highest priorities: my values.*

I am thankful for the self-confidence I gain when I act in alignment with my highest vision of myself. I have character and integrity and their strength grows increasingly as I connect more and more with my innermost self.

Today, I make time to evaluate the extent to which my actions are aligned with my values. I am thankful for each opportunity to create what I most want in my life. Because this is such a high priority for me, I regularly go within and get in touch with my true self.

Self-Reflection Questions:

1. In what situations do I feel I act most clearly in accordance with my values?
2. In what circumstances do I feel challenged to act according to my beliefs?
3. What can I do to support positive action in these situations?