

# Personal Reflection Exercises...

## I am fulfilled by the power of helping others.



### **I am fulfilled by the power of helping others.**

Helping others gives me a sense of purpose and reaffirms my beliefs about myself.

My life has a purpose which is revealed to me through my interaction with others. I have talents and abilities that I can use to help others. Helping others makes me feel useful.

My value and worth are clear when I see that I am useful. When I help others, I feel like I am part of a bigger picture. I am not only involved in my own life, but in the lives of others who need me. Being needed gives me a prestigious feeling of importance because there are things that no one in the world can do quite like me.

**Helping others helps me be aware of how much I matter.** When I help others, I feel welcome and wanted. I boost my confidence when I realize that my time and attention are craved. Others want to be around me and want to work with me.

Each time I lend a hand and see the fruit of my labor I can't help but feel fulfilled. I can touch others. ***I can come into a situation and change it for the better.*** A great sense of accomplishment overcomes me when I see the look on others' faces and realize that I made all the difference in the world to them.

When I provide assistance to others I feel knowledgeable because I am able to lead others to long-lasting solutions. I have information, skills, and knowledge that others seek and helping others brings out the best in me.

### **Self-Reflection Questions:**

1. Where can I volunteer my time to help others in need?
2. What do I need to do to clear my schedule to make time for others?
3. Do I understand how much I am worth?