

I OFFER REASSURANCE

Having my mind at ease is a fulfilling feeling. It is something that I wish for my loved ones. I offer reassurance as a way for others to experience that peace.

Doubts fill the minds of the special people in my life, but I show them how special they are. Telling someone that they are worthy goes a far way in boosting confidence. It leaves room for believing that someone is destined for good things.

My children sometimes feel unsure about how other kids see them, but I discourage that kind of thinking.

I reassure them that they are seen as the beautiful and loving children that they are. It is important for me to set an example of self-love. Showing myself love allows my loved ones to see that I am worthy, even with my flaws.

Having an opportunity to lift the spirits of others is heartening. It makes me happy when I am able to share my positive energy.

When I am offended by someone, I avoid making them feel guilty. It is good for them to know that I forgive them. How I react to someone being unfair to me determines how our relationship unfolds in the future.

I only make room for positive relationships, so I do my part to maintain them. I proactively tell others that their actions bear little reflection on their kind spirits.

Today, I give myself the same reassurance that I give to others. It strengthens my resolve when I allow myself to have a second chance. That is the same mindset that I have when dealing with others.

REFLECTION QUESTIONS

1

How can I provide reassurance to my loved ones in their times of doubt?

2

What are some ways I can set an example of self-love and confidence for others?

3

How does offering forgiveness and maintaining positive relationships impact my well-being?