

I RECEIVE GREAT JOY FROM MY PERSONAL RELATIONSHIPS

Personal relationships are important to me. I understand the value of the human family and what each of us has to offer. My loved ones are all special and unique, and I celebrate the opportunity to include each person in my life.

I surround myself with positive people. I prefer the company of those who support me with words of affirmation and encouragement. My personal relationships are with people who care about me and who want good things for me and for themselves.

Because my life is joyful and my relationships are good, I am a happy person. I see the value in having good people around me. I feel strengthened by having kind, loving people around me throughout my life.

I enjoy spending time with the people in my life. Every one of them has something great to offer the world at large. I care deeply for them and tell them often how much they mean to me.

I make my personal relationships my highest priority. I know the value of my friends and family. Because I tell them of their value, they respond in kind. We all care for each other and we freely show our love.

Today, I embrace and appreciate the joy that my personal relationships bring to me.

REFLECTION QUESTIONS

1

How can I prioritize and nurture my personal relationships?

2

What qualities do I value in the people I surround myself with?

3

How does expressing appreciation and love to my loved ones enhance our bond?