

## MY LIFE IS DEFINED BY FULFILLING ENCOUNTERS

I am committed to making the most of my time in each situation I am a part of. I seek to make each encounter productive, uplifting, and satisfying.

My work day gives me many opportunities to be productive. I seek to extract value from each discussion I have with my colleagues. When I focus on the mission of achieving growth for the company, I am able to collaborate productively.

At the end of each work day, it feels good to check off action items as completed. I feel like my contribution to a bigger cause is felt.

Time spent with family and friends is filled with an incomparable richness.

My heart overflows with joy when I share laughs and good memories with those I love. I go to bed smiling after a family day because sharing experiences with loved ones is precious.

I feel fulfilled when I give my time to individuals and groups that work on charitable ventures. Focusing on supporting another human being fills me with pride.

The human existence is more meaningful when I give to another who has less than me. When I see someone make good use of my gifts, I feel like my purpose on Earth is realized. Their smiles ignite my soul.

Today, my life brings me immense joy because my encounters are fulfilling. I am thankful for the people who surround me and contribute to satisfying encounters.

## REFLECTION QUESTIONS

**1**

How can I make the most of each encounter I have during my day?

**2**

What actions can I take to ensure my interactions at work and home are productive and uplifting?

**3**

How can I contribute to the fulfillment and joy of others through my encounters with them?