

MY VIBRANT NATURE IS CONTAGIOUS

I love being vibrant. To me, being vibrant means I have a strong, bright spirit. I embrace life with energy. I am full of life. I smile frequently and endeavor to be as positive as I can be.

It feels wonderful to know that I wake up every morning with anticipation and exuberance about the day.

When I enter a room, I try to fill it with light and kindness, reaching out to others and sharing my zest for life. I am excited about my life and I want others to feel as I feel.

I strive to affect in a positive way each person I come into contact with.

When I show exuberance about life, so, too, do those around me. I notice that they tend to come alive during our conversations and become excited about what they are sharing. It appears that my vibrant nature is infectious!

It brings me pleasure when I see others come out of their shells because my vibrant nature has affected them.

Although life can occasionally be a challenge, I find that when I adopt an attitude of energy, optimism, and positivity, I am resilient and have the strength to plow through vexing times. I see those around me assume a brighter mood, too.

Today, I open myself up to others and let my vigor for life flow. I know I can positively affect the lives of others with my vibrant nature.

REFLECTION QUESTIONS

1

How can I share my energy and positivity with those around me?

2

What activities help me maintain a vibrant and positive attitude?

3

How can I help others feel more alive and excited about their lives?