

I AM VALUING QUIET MOMENTS

In stillness, I can listen to my thoughts' wisdom and my body's and spirit's needs.

These quiet moments are treasured opportunities for introspection and contemplation.

I consciously pause my day to be, breathe, and observe without the urge to fill every second with noise or activity.

In these pauses, I often find the answers I seek and the calm I need to proceed with intention.

The quiet does not intimidate me; it empowers me, giving me the space to recharge and reflect.

By valuing silence, I am more attuned to the subtleties of my inner and outer worlds.

REFLECTION QUESTIONS

1

How can quiet moments enhance my decision-making and creativity?

2

What are some strategies for incorporating silence into a busy lifestyle?

3

What insights have I gained during quiet moments?