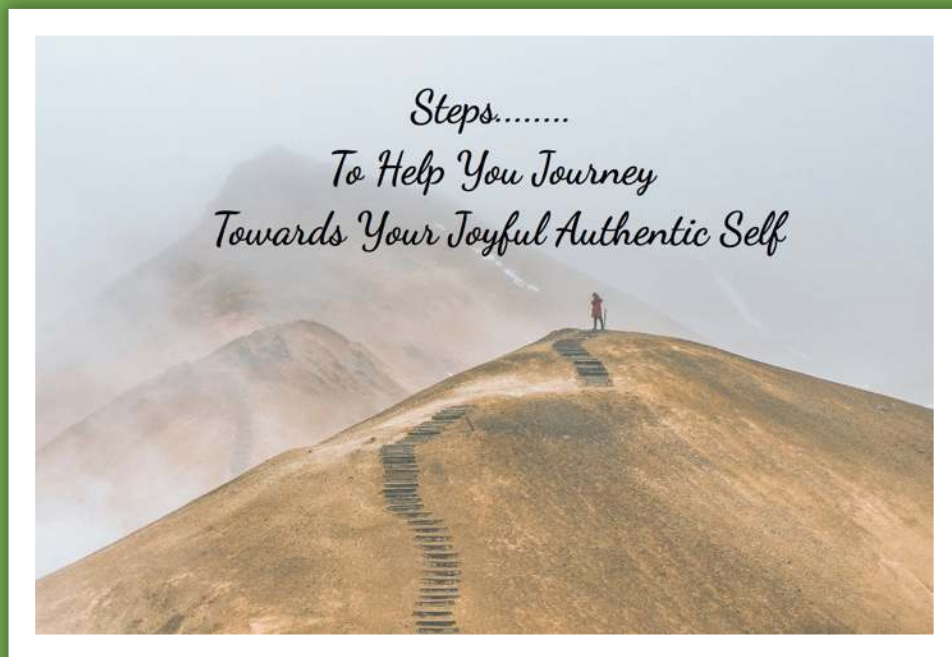


MODULE FIVE

Stepping Stone 68

Quiet Moments Allow Me To Connect With My Soul



Quiet Moments Allow Me To Connect with My Soul

The sound of silence is therapeutic. It allows me to look deep within my soul. I uncover hidden feelings, thoughts, and ideas when I take the time away from external noise.

When I am alone, I close my eyes and breathe deeply. This approach takes me away from what is happening around me.

I am alone with only what is inside me. I come to terms with my weaknesses and am empowered by my strengths.

When I return to the world around me, I am equipped with the power needed to handle tough situations. ***My weaknesses are suppressed because I have embraced my strengths.***

I know what is important to me when I spend time looking into my soul. I determine what makes me tick. I connect with these things and allow them to dictate my actions.

Spending quiet time takes me back to the real me. I am reminded of the part my conscience plays in my decision-making. It helps me keep check of what really matters. I am able to dismiss the confusion of the world and focus on what matters to me.

Today, I believe that my soul is as critical to my being as my body and mind. I embrace its ability to guide me. I commit to introspection so I can continue to lead a life of integrity.

Self-Reflection Questions:

1. Do I take the time to meditate in the midst of a difficult situation?
2. How do I cope when my soul is in turmoil?
3. Do I sometimes lose track of what is important to me?