

Choose Love to Thrive

Daily Action Steps For Conquering Adversity

CHOOSING LOVE TODAY: AN OPPORTUNITY FOR SELF-REFLECTION



Take time to reflect on your thoughts, feelings, and actions during this time of social unrest. Ask the tough questions. Where do you stand on the world's current issues? How do recent events affect you? Do your current & past actions align with your beliefs?

With everything happening in our country right now, social media is buzzing with loads of information every second. Social platforms are bombarding us with information that may be hard to digest because of the quantity and topics. Self-reflection provides us the time to absorb the information, promotes learning and understanding, allows us to gain perspective, and helps us respond effectively.

Although it is important to learn about the events surrounding you, analyzing your thoughts and feelings about the events are just as important. Self-reflection is taking the time to evaluate your own attitudes, emotions, and thoughts, which is a courageous act. Self-reflection requires a person to dive deep into their thoughts where there is a possibility they might not like what they see. Although scary, it is essential for us to spend time reflecting on ourselves. Self-reflection starts our process of becoming a better person. Challenge yourself by examining your thoughts and feelings about our country's current issues.

Practice Courage Today:



1. GRAB A WRITING UTENSIL AND PAPER.
2. FIND A PEACEFUL PLACE WHERE YOU CAN THINK CLEARLY.
3. WRITE DOWN ALL YOUR THOUGHTS ON THE CURRENT ISSUES AFFECTING OUR COUNTRY (RACISM, COVID-19, ETC.).
4. REFLECT ON EACH WRITTEN THOUGHT BY POSING QUESTIONS TO YOURSELF (EX. WHAT ARE MY REASONS FOR BELIEVING THIS WAY? ARE THERE FACTS TO SUPPORT MY LINE OF REASONING?)



Parent Practice Tip:

Take the opportunity to learn about your child's understanding of current issues. Start a conversation that allows them to share their knowledge, thoughts, & feelings about the current situation.

To Learn More:

[Active listening](#)

[The Value of Self-Reflection](#)

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