

How to Find and Recognize Your True Love. Lesson 17. Add. Res.

I respond to others based on my spirit instead of my circumstances.

As I face each new day, I expect to be greeted by a wide range of situations. Although some situations are difficult to handle, **I maintain my sense of calmness.** My responses are based on the nature of my spirit rather than the circumstances of the situation.

It is easy to feel overwhelmed and become angry when things get stressful. Being in that frame of mind is unhealthy and causes relationships to break down.

Instead of responding to others based on what I am going through, I lean on my principles that are the foundation of my spirit. They keep my response to situations consistent and my reaction to others overflowing with positive energy.

Although the workplace is sometimes stressful, I walk around with a smile on my face. It is important to do my part in building a positive environment.

Maintaining that energy ensures that we are able to rise above stress as a team and produce winning results. It feels good to spur the focus on overcoming the difficulties in favor of a productive and effective work environment.

When people walk into a tense situation, I know that they are unblameable for what is transpiring. I avoid putting unnecessary pressure on them to make things right.

Today, **I cultivate a spirit of richness and support,** so others feel comfortable to be around me. I know that it is only fair for others to receive positive energy from me instead of energy driven by what is happening around us.

Self-Reflection Questions:

1. What do I do to ensure my spirit is always positive?
2. What are some of my emotional triggers?
3. What circumstances are the most difficult for me to deal with?