

# Transformation is all around me.

As I wake in the morning, I take a moment to consider the world around me.

I see that as I awaken, night has quietly slipped away and has been replaced by the day. I see that the moon has quietly left the room, ready for the sun to take over.

**Life is always changing and moving.**

I head to the window and gaze at the view outside. I know that no matter what I see before me, it can never be permanent. Life is always changing, and the wheel of the year continues to turn.

Where there is summer, there will soon be fall. Where there is a snowy winter, it will soon be cleared away for the transformation of spring.

**Transformation is essential for life.**



I look in the mirror and see myself. I know that I have changed and grown throughout my life. I see that I have been transformed from childhood to teenage years, and into adulthood.

I embrace the lessons I have learned along the way, and I see that I will never be done on my journey of transformation. There is always something new to explore, learn, and unlock.

### **I am excited by the prospects that lay before me.**

I see my opportunities, potential, and possibilities. I am fizzing with joy and anticipation in all I do.

**Today, I embrace transformation.** I see that change is the only way to grow, progress, and change, and I embrace this opportunity.

## **Self-Reflection Questions:**

1. How does my life look in comparison to a year ago?
2. Do I embrace change, or run from it?
3. What small step can I take to transform my life?