

Quote Reflections

Instructions –

- 1. Read each quote twice
- 2. Take 2 5 minutes to reflect on the following:
 - How does this quote make me feel?
 - What does this quote mean?
 - Why is this quote important?
- 3. Journal about your reflections in the space provided for 5 minutes!

Quote #1:

"The happiness of your life depends upon the quality of your thoughts." - Marcus Aurelius

My Reflections:	



Quote #2:

Peace is the result of retraining your mind to process life as it is, rather than as you think it should be. - Wayne Dyer

My Reflections:



Quote #3:

You mainly feel the way you think Albert Ellis		
My Reflections:		

Quote #4:

"CHOOSE GOALS YOU CARE ABOUT We'll have little chance of meeting our goals if they aren't important to us. For each goal, think about why it matters to you and how reaching it will improve your life. Along these lines, make sure the goals are actually yours and not just what someone else wants you to do."



— Seth J. Gillihan, Cognitive Behavioral Therapy Made Simple: 10 Strategies for Managing Anxiety, Depression, Anger, Panic, and Worry

My Reflections:



Quote #5:

"Acceptance of what has happened is the first step to overcoming the consequences of any misfortune." - William James

My Reflections:	
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