

I ARISE FROM DARKNESS LIKE THE BLOOMING FLOWERS OF NATURE.

I accept that dark days are a part of life. *I know that true triumph and happiness only come after experiencing some of life's harshest trials.* These trials serve to strengthen me and mold me. They serve to make me a better person who understands the value of perseverance.

I admit that my dark days sometimes consume me. I sometimes feel hopeless, as if I am at the worst point in my life. But it never lasts forever.

Just as plants die at the end of one season, and bloom again in all their splendor at the beginning of the next, so do I move from darkness to light.

I am accepting of the fact that it is only through the existence of dark days that I truly know what bright days feel like. While I prefer not to experience darkness, I am reassured that it must come to an end. And when it does, things only get better from there.

Dark days and rough times are learning experiences for me. My will, conviction, and purpose are all strengthened when I make it out of a rough time in my life. ***I know such a situation cannot have the same impact on me ever again.***

Today, I approach life's challenges and hard times head on, knowing that they can only make me stronger. I avoid darkness like a plague, but embrace it as an opportunity to show my resolve when it comes my way.

SELF-REFLECTION QUESTIONS:

1. How long do I allow myself to feel down and depressed?
2. Of what value can my triumphs through adversity be to those I have influence over?
3. Do I look for the positives in a negative situation?