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It is important for me to stay connected to who I am at heart. **Spending time alone gives me the opportunity to open up to my true self.**

Each day is filled with influences from many different corners. It is difficult to remain unfazed by these competing influences but I give it my best shot. I spend a few moments at the end of each day reconciling them with my inner beliefs.

I make a conscious effort to denounce influences that are misaligned with my morals and principles. Being alone allows me to focus on the things that are important to me. **Meditation time helps me to assess the real value of the things and people in my life.**

Sometimes it is difficult to differentiate between what I like and what is popular. When I become introspective, I am able to determine what has a meaningful impact on me.

Once I determine what matters most to

me, I consciously work towards maintaining those things in my life.

Today, I treasure the time I have to be one with myself. Taking a few moments to listen to my inner self is rewarding. Being in sync with what means the most to me at heart helps me to lead a fulfilling and meaningful life.

Self-Reflection Questions:

1. What else am I able to accomplish in my alone time?
2. How often do I take time away to reenergize myself and recommit to my values?
3. How possible is it for my true self to evolve as I experience new things?

