

## ○ Expats

By Maria F. Sogamoso

Begin with a pause and a slow, deep breath

### **Thanksgiving:**

- What experiences am I especially grateful for?
- Who has loved/supported my journey today?
- Reflect on the courage with which I have faced new challenges

I am grateful to be where I am and for the people that love and support me here and back home. Every day I am given the opportunity to keep building my life here and to meet new people bringing all of who I am.

### **Petition:**

Before I review my day, I ask for grace to see myself in a kinder light as I am constantly learning by facing new and unknown circumstances and scenarios.

### **Review:**

Did I take on the day with curiosity or apprehension?  
What new things did I learn?  
How did I face any challenging situations?  
Did I ask for help when it was needed?  
Did I share my ideas and opinions?  
Did I take critique with grace and open my mind to all suggestions?  
Did I assume that all whom I encountered were well intentioned?  
Did I take a moment to break and breathe?  
Did I do all that was possible to be help?

### **Response:**

Do the responses encourage my journey forward?  
Do any responses prompt me to reflect and change what is in my control?

### **Looking Ahead:**

What actions can I take tomorrow that improve my journey and the journey of the people that surround me? How can I share more of who I am in this new context?