

# Being selfless means sacrificing what I prefer to keep

Motivational Reflections  
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**Being selfless means sacrificing what I prefer to keep.**

When I consider all my blessings, I realize that I have more than enough to share.

***Selfless sacrifice is easy when I consider the abundance that I receive each day.***

Many of my personal possessions are precious to me, but it is okay to part with them. Seeing something of mine benefit another person is fulfilling.

Sacrificing a portion of my salary meant for entertainment is a positive gesture. It keeps me connected to my charitable side. Doing without material wealth builds character. It teaches me that I am blessed with more than I often acknowledge.

I forget about my own comfort when I see a friend in emotional unrest. ***Allowing them to cry on my shoulder is one way to sacrifice.*** I feel obligated to transfer some of their burden onto myself so they are able to feel a little peace.

An outstretched hand gives me an opportunity to recognize how much I have. It takes me away from focusing on myself.

Today, I commit to sacrificing some things that I feel inclined to hold onto. Learning how to share the things that I love with others is a lesson in selfless living. My mission each day is to remind myself of all the blessings that surround me. I have more than enough.

## **Self-Reflection Questions:**

1. How do I respond when someone tries to take me for granted?
2. In what ways do I extend my assistance to others around me?
3. In what other ways do I practice being selfless?