

How To's

REFLECTING

Learning Outcomes

The goals for this How To are for you to be able to:

1. Understand the importance of self-reflection.
2. Which tools can support you and how to use them.
3. Discover what works best for you.

Shopping List

You will need:

- An open mindset.
 - A quiet moment.
 - This downloaded fillable PDF.
- or
- Printed out version of the tools.

Happy Learning!

Self-reflection is very important and a big part of a growth mindset. Reflecting helps you to develop your skills and review their effectiveness. Reflection is also an important aspect of learning.

By taking the time, with this How To, to ask yourself important questions, you gain a better understanding of your emotions, strengths, weaknesses and driving factors.

Why Reflect?

Reflection can come in different forms and prompts, but ultimately serves its purpose as a way to better understand your thoughts, behaviours and actions.

Self-reflection has actually been found to enhance your focus, decrease stress levels and improve physical well-being.

Some people prefer to reflect daily, weekly, monthly or yearly! However often, it is important to find a quiet moment, grab a cup of your favourite drink and take the time to peacefully reflect. You can play your favourite music, do some yoga/meditation or even go for a walk while reflecting.

Work your way down the next few pages, and explore which tool(s) work best for you. Elaborate on your answers, you might just learn something new about yourself!

#1: Self-Reflection Snapshot

Date:

Pick a Topic:

Family Friends Career Health Love Money

I am proud that...

I want to improve...

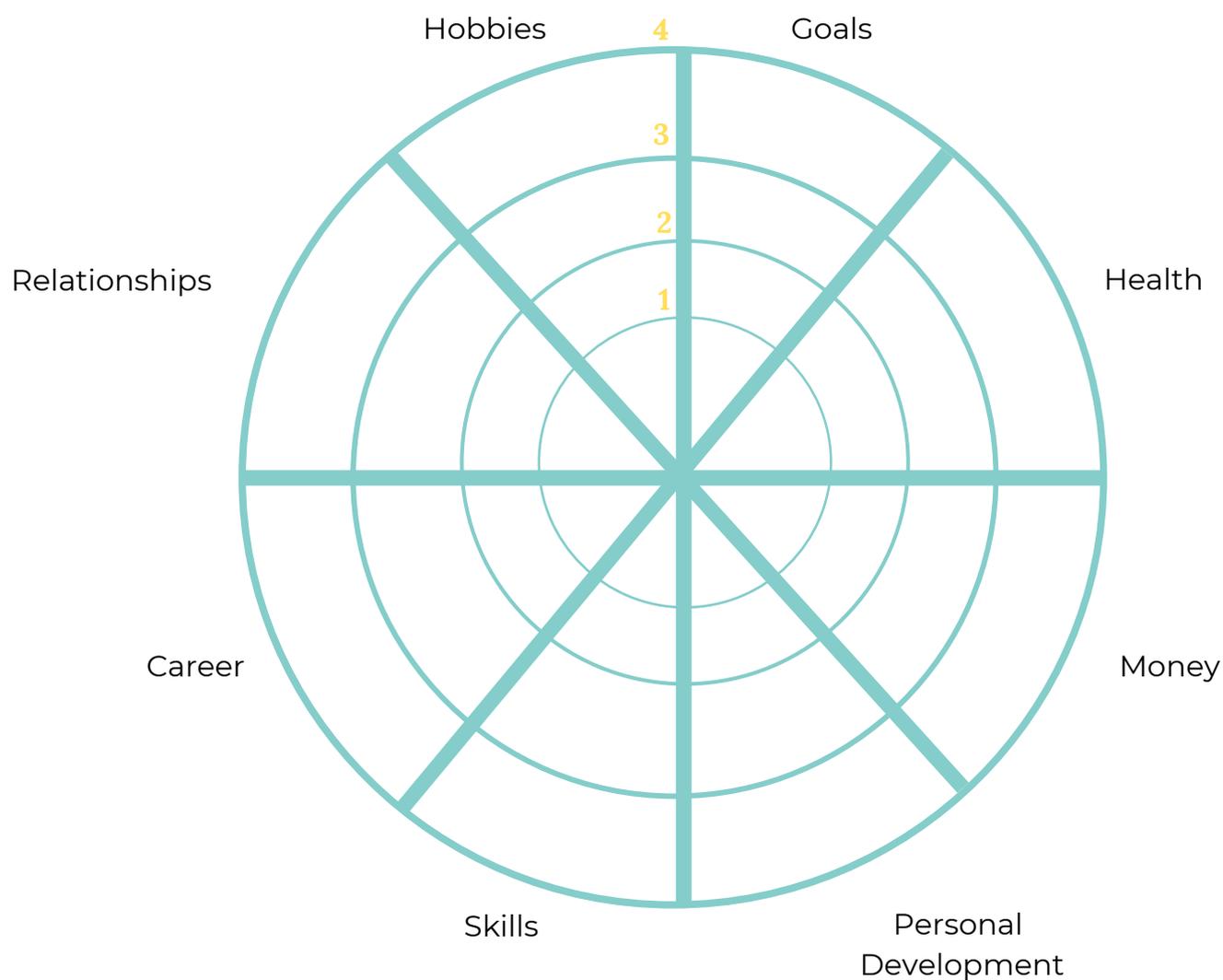
I will do this...

#2: Self-Reflection Circle

Check the box in sections 1 to 4 based on how fulfilled you feel in the various aspects of your life.

1 = very unfulfilled

4 = very fulfilled



#3: Self-Reflection Journaling

Reflect and think about each prompt below, across a 6 day period.

DAY 1



Use 5 adjectives to describe your life.

- 1.
- 2.
- 3.
- 4.
- 5.

DAY 2



In 5 words describe how you feel about your job.

- 1.
- 2.
- 3.
- 4.
- 5.

DAY 3



What are 3 big goals you accomplished this year?

- 1.
- 2.
- 3.

DAY 4



What is one thing I didn't do this year but wish I had?

DAY 5



What obstacle did you face this year? How did you overcome it?

DAY 6



What is a defining moment in your life? Why is it defining?

The Last Tips

Congratulations, you now know how to reflect!

Make sure to continuously take the time to self-reflect on yourself, your career, your life and more.

Here are some tips to keep in mind:

- 1 Be honest with yourself.
- 2 Be kind and open.
- 3 Determine when you are most at peace and harmony with yourself.
- 4 Remember, there is no right or wrong way to reflect.
- 5 Reflection is key to learning!

Extra Inspiration

Article: [Why you Should Make Time for Self-Reflection](#)

Podcast: [Power of Reflection in Learning and Leading](#)

Video: [The Value of Self-Reflection](#)

Website: [Doors Open](#)