

Techniques for Increased Self-Reflection

Objective

To increase your self-reflection skills.

What to Know

Self-reflection is the process of examining your thoughts, feelings, and behaviors to gain insight and promote personal growth. It starts in childhood and develops throughout your life. Some ways to practice self-reflection include:

- Thinking about what you want to know or learn
- Practicing gratitude
- Meditating
- Setting goals
- Putting your thoughts down on paper
- Having a conversation with yourself
- Spending time in nature

Some steps for self-reflection include:

- Noticing what you notice
- Feeling your emotions before thinking about them
- Questioning your explanations for your feelings
- Identifying your predictable patterns
- Making an intentional choice to accept or change something

Self-reflection can help you:

- Gain perspective
- Respond more effectively
- Promote learning and understanding

Self-reflection offers insights into your inner world. By regularly engaging in self-reflection, you can identify patterns, recognize areas for improvement, and make more informed decisions. This process enhances self-awareness, improves relationships, and increases overall life satisfaction.

This worksheet provides several techniques to help you increase your self-reflection skills. These exercises are designed to be practical and engaging, making it easier for you to incorporate self-reflection into your daily routine.

What to Do

One way to increase your self-reflection skills is to journal daily. Between Sessions Resources offers several journals you can use—or just grab a plain notebook!

Exercise 1: Journaling

Set aside 10-15 minutes each day for journaling. Write about your day, focusing on your thoughts and feelings. Reflect on specific events or interactions that stood out to you. You can use these prompts:

- What went well today? Why?
- What challenges did I face? How did I handle them?
- What emotions did I experience today? What triggered them?
- What did I learn about myself today?
- How did I show kindness to myself or others today?
- What is something I wish I had done differently? Why?
- What am I grateful for today?
- How did I step out of my comfort zone?
- Who or what inspired me?
- What goals did I make progress on today?
- How did I take care of my physical and mental health today?
- What is one thing I can improve upon tomorrow?
- How did I spend my time today? Did it align with my priorities?
- What was the most meaningful part of my day?
- How did I manage stress or anxiety?
- What did I enjoy the most about today?
- How did I practice self-compassion?
- What relationships did I nurture, and how?
- How did I contribute to the well-being of others today?
- What insights did I gain from my experiences?

Exercise 2: Mindfulness Meditation

Each day for the next two weeks, follow these instructions.

1. Find a quiet, comfortable place to sit.
2. Close your eyes and take a few deep breaths.
3. Focus on your breath, noticing the sensation of the air entering and leaving your body.
4. If your mind wanders, gently bring your focus back to your breath.
5. After a few minutes, expand your awareness to your thoughts and emotions without judgment.

Practice this for 5-10 minutes daily.

What am I grateful for?

What did I learn about myself recently?

How did I respond to stress this week? What can I do differently next time?

What goals did I achieve this month (or year)? What goals need more attention?

How did my actions align with my values this week?

Exercise 4: Reflect on Your Life

Use the following chart and fill in different aspects of your life (career, relationships, education, personal development, fitness, and so on). For each area, rate your satisfaction on a scale from 1 to 10, where 1 = not at all satisfied, to 10 = completely satisfied. Reflect on why you chose each rating. Identify one action you can take to improve each area.

Life Aspect	Rating	Why?	One Action

Exercise 5: Reflect on Resilience and Coping

Finally, think of a recent significant event or experience. Answer the following questions.

What happened?

How did you feel during the experience?

What thoughts crossed your mind?

How did you react?

What did you learn from this experience?

How can you apply this learning in the future?

By regularly practicing self-awareness exercises, you can develop a deeper understanding of yourself and navigate your life with greater clarity and purpose. Remember, self-reflection is an ongoing process, so be patient and kind to yourself as you engage in these practices.

What challenges did you face while completing these exercises?

How do you plan to incorporate self-reflection into your daily routine?

Reflections on This Exercise

Did anything surprise you about this activity? If so, describe.

How helpful was this exercise? _____

(1 = not very helpful, 5 = moderately helpful, 10 = extremely helpful)

What did you learn from this exercise?
