

Reflection

Happy Well-being Wednesday! 🙏

Seeing as it was National Self-reflection Day last week, today's snippet is focusing on the exact same topic.

So, what is self-reflection and why is it important? 🤔😊

Self-reflection is the key to self-awareness: it allows us to look neutrally at our thoughts, feelings, emotions, and actions.

When we can self-reflect, we are able to look at ourselves with newfound interest and curiosity. We may question our very being asking "why do I feel this way?" Self-reflection should lead you to personal growth, positivity, and happiness. It is the ability to lead you to creating positive change.

Self-reflection is a skill; the ability to be aware of yourself. It is a particular kind of awareness that is applied to yourself on many levels:

1. Physical
2. Mental
3. Emotional
4. Spiritual

When we engage in self-reflection, we're developing what is known as an inner witness. This is the ability to look at yourself—even your own thoughts and even what is beneath the thoughts and emotions—from a slight distance.

A major part of personal development, self-reflection helps you acknowledge your efforts, learn more about yourself, and find alignment between where you are and where you want to be.

This is something that you can do anywhere and likely are already doing whether you realise it.

Five Reasons to Ponder/Reflect

- Take a break
- To evaluate what we have accomplished
- To celebrate our victories
- To learn from our mistakes
- To check our future direction



You notice what you are feeling in your body, experiencing in your emotions, and thinking in your mind. Then you pause, reflect, and start asking questions "how did that thought arise?", "what is happening when I feel this way?", "when I feel these sensations in my body, what are they expressing about how I feel about this situation?"

Without self-reflection we can walk around unconscious and often reactive to others and even to our own selves.

We all have an infinite capacity to self-reflect within us, and with regular, consistent self-reflection and support from those around you, you can deepen your holistic growth and transformation.

So today, let self-reflection lead you towards positive, healthier ways to support yourself, practice self-compassion and listen to your inner knowing!

NATIONAL DAY OF REFLECTION

7 questions to jump-start your self reflection routine

.1.

What was a highlight moment of the week?

.2.

Did I achieve my goals? why, or why not?

.3.

What's a life lesson that I learned this week?

.4.

How happy do I feel, why?

.5.

Who am I grateful for, why?

.6.

What was I doing this time last year?

.7.

What are my 3 main goals for next week?
How will I achieve them?



THE SELF-REFLECTION MANIFESTO



ARE YOU LIVING YOUR LIFE TO THE **FULLEST** RIGHT NOW? WHAT DO YOU WANT TO **ACHIEVE** 1 YEAR FROM NOW? 3 YEARS? 5 YEARS? WHERE ARE YOU LIVING RIGHT NOW - THE PAST, **FUTURE** OR **PRESENT**?

WHAT WOULD YOU DO IF YOU **CANNOT FAIL**; IF THERE ARE **ABSOLUTELY NO LIMITATIONS** IN MONEY, RESOURCES, TIME OR NETWORKS?

DO YOU **LOVE YOUR JOB**? WHY/WHY NOT? IF YOU HAVE **1 YEAR LEFT TO LIVE**, WHAT WOULD YOU DO? HOW ABOUT 1 MONTH? 1 DAY? 1 MINUTE?

WHO ARE YOU? WHAT DO YOU **FEAR** MOST?

WHAT ARE YOUR **VALUES**? DO YOU **REPRESENT**? **WHY?** WHY? WHY? WHY?

WHAT ARE YOUR **BIGGEST GOALS AND DREAMS**? ARE YOU PUTTING ANY PARTS OF YOUR LIFE ON HOLD? WHY? IF YOU WERE TO **DIE TOMORROW**, WHAT WOULD BE YOUR BIGGEST REGRET? WHAT CAN YOU DO TO MAKE SURE THAT DOES NOT HAPPEN?

HOW ARE YOU FEELING TODAY? DO YOU **LOVE YOURSELF**? WHY / WHY NOT? HOW CAN YOU LOVE YOURSELF **MORE TODAY**?

LIFE PURPOSE? WHO ARE THE **MOST IMPORTANT PEOPLE** TO YOU IN THE WORLD? HOW ARE YOU SHOWING THEM YOU **CARE**?

WHAT ARE YOU BUSY WITH TODAY? **WILL THIS MATTER 1 YEAR FROM NOW?** IF YOU HAVE **1 MILLION DOLLARS**, WHAT WOULD YOU DO WITH IT?

IF YOU ARE TO DO SOMETHING FOR **FREE FOR THE REST OF YOUR LIFE**, WHAT WOULD YOU WANT TO DO? **WHAT ARE YOU PASSIONATE**

WHO DO YOU **LOOK UP TO?** **ABOUT?** WHAT **INSPIRES YOU?** WHAT ARE THE **BIGGEST THINGS** YOU'VE LEARNED IN LIFE TO DATE?

WHAT LIMITING BELIEFS ARE YOU HOLDING ON TO? ARE THEY HELPING YOU ACHIEVE YOUR GOALS? HOW CAN YOU DO THIS **BETTER** THE NEXT TIME? ARE YOU **SETTLING** FOR LESS THAN WHAT YOU ARE **WORTH**? WHY? IF YOU ARE YOURSELF **1 YEAR FROM TODAY**, HOW WOULD YOU ADVISE THE YOU NOW?

WHAT IS YOUR **IDEAL LIFE?** WHAT'S THE **TOP PRIORITY** IN YOUR LIFE RIGHT NOW?

CAREER? DIET? HOME? SELF? LOOK? LIFE PARTNER? WHAT ARE YOU DOING TO ACHIEVE THEM? WHAT ARE THE **BIGGEST ACTIONS** YOU CAN TAKE NOW TO CREATE THE **BIGGEST RESULTS** IN YOUR LIFE?

WHAT IS ONE THING YOU'RE GOING TO DO **DIFFERENTLY** AFTER READING THIS?



"The more
reflective
you are,
the more
effective
you are."

Pete Hall & Alisa Simoral

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