



# Power of Self-Reflection

Planning ahead and goal-setting are more meaningful when we take the time to reflect on the past. Through the practice of self-reflection, we can enhance our levels of self-awareness and self-improvement. Here's how:

Grab a pen and paper and find a quiet place to sit. Getting your thoughts onto paper can be quite therapeutic. Here are some reflective questions to help you get started:

1. What were two of your greatest accomplishments this past year? What contributed to your success?
2. What were two of your biggest challenges? How did you try to overcome them?
3. What is something that surprised you in the past year? Why did it surprise you?
4. Describe a time when you had to step outside of your comfort zone in the past year. Describe how you felt.
5. Describe 2-3 things that you were grateful for in the past year.

## Here when you need us.

Call: 877-527-4742

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Online: [guidanceresources.com](https://www.guidanceresources.com)

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