

REFLECTION PITFALLS

TYPICAL REFLECTION PRACTICES

1

how did things go?

2






did I hit the goal?

3

what do I think about it?

YOUR INNER CRITIC IS LIMITING

When you reflect, your inner critic may be doing any one of these things:

	_____		_____
	_____		_____
	_____		

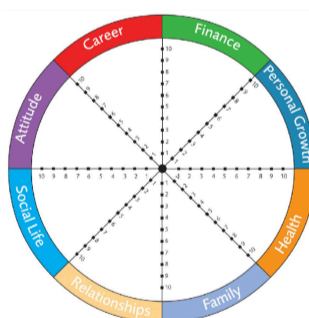
TRY THEMES VS. GOALS

List a few potential themes you could use to reflect on your past.

For example: confidence, boundaries, networking, well-being, communication skills

INCORPORATE WHOLE-LIFE MINDFULNESS

Using the Circle of Life, how might you rate your year in reflection?



SWITCH TO LIKES AND LOVES

List activities, projects, people, connections, etc. that you either liked or loved doing this past year.

YEAR-END REFLECTION

*Challenge yourself to
REFLECT.*

*ABSORB
what comes up.*

*Commit to try a NEW
REFLECTION METHOD.*