



### Three Self-Reflection Practices

**Quiet sitting and reflecting:** Set a timer for five minutes. Sit quietly and close your eyes. Focus your mind on your breath alone. Notice where the breath comes from in your body. Notice the feeling through your whole body as the breath comes in and as it goes out. Focus your attention on the breath alone. Focus on your breath and your body, or focus on one of the reflection questions below.

**Writing and reflecting:** Get a journal. It can be of any shape, size, type of paper. It shouldn't be a computer or electronic device. Set a timer for five or ten minutes. Write either stream of consciousness about what's in your mind, or select a reflection question from the list below and write about that.

**Active reflection:** Find a place outside that feels comfortable and safe, and where you can walk with relative ease and relatively uninterrupted by traffic or other disruptions for 10 or 15 minutes. As you walk, notice the context of what's around you, how the ground feels, how the environment feels, how the sky feels, how the air around you feels. Notice yourself within that context. You could also consider a question from the list below and focus on that question and through active movement notice what comes up.

Self-reflection questions you can consider, in either of the three modes:

- What did you learn today?
- What are you grateful for and what went well that you want to do more of today?
- What is a commitment you want to make to yourself about how you will show up with other people at work, or at home? What does that commitment look and feel like?
- What would you do if you weren't afraid?
- What might it look like for you to be more vulnerable with family or friends or coworkers?
- How are you spending your time in a year, or five, what does that look like?
- Imagine you're 90 years old, and you're writing a letter to yourself as you are today. What do you want your current self to know?
- If you could step out of your own body, stand three feet away from yourself and see yourself, what do you see? What shape and expression do you see? And what does that mean for you? Does it reflect how you feel inside or how you want to be received by others?