

THE IMPORTANCE OF SELF-REFLECTION



When was the last time you took a moment to reflect? Maybe it was at the end of December when you were getting ready to welcome the new year, we all love a little end of the year reflecting. Other than that, there aren't many times when we might feel compelled to spend time in self-reflection.

The truth is that many of us are so busy trying to move forward with our lives that we rarely take a moment to slow down and be at one with our thoughts. Plus, we often don't recognise the importance of self-reflection and the impact it can have on our lives.

WHAT IF WE MADE SELF-REFLECTION PART OF OUR EVERYDAY ROUTINE INSTEAD OF A YEARLY THING?

Self-reflection is one of the best ways that you can shift your mindset, increase positivity in your life, and discover a greater understanding of who you are and what's going on for you. Self-reflection helps you to understand more about the way you respond to situations and to find ways that mean you can deal with situations positively instead of letting them consume you.

WHAT IS SELF-REFLECTION?

Self-reflection is the process of bringing your attention to what's happening in your life in an open-minded way. Self-reflection is all about creating self-awareness. So many of us focus on getting ahead that we don't necessarily take time to reflect on what's going on right now within us. There are many ways to practice self-reflection, some find it useful to write things down, some just find a quiet moment at the end of the day to sit and reflect. Either way allows you to process your thoughts, internal dialogue and feelings.

Self-reflection is one of the best things you can do to create a positive mindset and discover a greater connection to yourself. Here are four reasons why you should make self-reflection a priority in your life:



To make sense of things: Self-reflection can help you process your thoughts and feelings. When we keep our thoughts floating around in our heads, we only confuse or frustrate ourselves more. Getting your thoughts out in the open or on paper can help you understand why you're feeling a certain way and make those feelings a little easier to navigate.



To uncover breakthroughs: When we keep thinking the same thoughts over and over without taking action, we see our problems as bigger than they really are. By taking a moment to pause, reflect, and look within, you'll find that you actually have many of the answers you've been seeking for so long and recognise what you need to do next.



To challenge your thoughts: Self-reflection offers us the opportunity to challenge our ways of thinking. Most of us have a tendency to ruminate on the bad things; for example, our perceived weaknesses, mistakes we've made, or embarrassing moments. When you actually take the time to reflect, it's important to ask yourself if you really believe them. Eventually, you'll start to realise that the things you tell yourself about yourself are not always true.



To increase self-awareness: Without self-awareness, we can't fully understand our emotions, values, goals, or strengths. By self reflecting you learn so much about yourself, you start to notice certain habits, the good and the bad, which is great insight and will help you to move forward and get to where you want to be.

Try asking yourself these questions at the end of the day, see where it takes you:

HOW ARE YOU FEELING TODAY?

WHAT WAS THE BEST THING THAT HAPPENED TO ME TODAY?

WHAT CAN I DO BETTER TOMORROW?

HOW DID I MAKE OTHERS FEEL?