

Reflection: A Powerful Tool

Reflection is a powerful tool for growth and development.

Here are five effective ways to practice reflection:

1. **Journaling:** Writing down your thoughts, experiences, and emotions in a journal allows you to track your progress, identify patterns, and gain insights into your feelings and behaviors. Set aside regular time to write freely without judgment.
2. **Purposefully Setting Aside Time :** Taking moments of quiet contemplation in purposefully scheduled time helps you become more aware of your thoughts and feelings. This practice encourages you to consider how you are using your God given strengths and how God is walking with you.
3. **Structured Reflection:** Use frameworks like the "What, So What, Now What" model. Start by describing the experience (What), analyze its significance and impact (So What), and determine how you can apply your insights moving forward (Now What).
4. **Seek Feedback:** Actively ask for feedback from mentors, peers, or trusted individuals. Listen attentively and consider their perspectives on your strengths, weaknesses, and areas for improvement.
5. **Reflective Questioning:** Ask yourself thought-provoking questions. For instance, "What did I learn from this experience?" "What would I do differently next time?" "How does this align with my values and goals?"

Combining these methods can deepen your self-awareness and lead to impactful growth.