

Name \_\_\_\_\_

## Mirror of the Mind: Exploring Self-Reflection and How to Do It

### Multiple Choice Questions

1. What is self-reflection compared to in the passage?
  - a) A magical mirror
  - b) A compass
  - c) A diary
  - d) A photograph album
  
2. Why is self-reflection important, according to the passage?
  - a) To find a quiet space
  - b) To set aside time
  - c) To make better decisions and grow as a person
  - d) To seek feedback from others
  
3. Which of the following is a step in practicing self-reflection, as mentioned in the passage?
  - a) Always be perfect and flawless
  - b) Write in a journal
  - c) Avoid asking yourself questions
  - d) Keep your reflections to yourself
  
4. What is the purpose of setting goals and taking action in the self-reflection process?
  - a) To avoid making mistakes
  - b) To seek constant approval from others
  - c) To turn self-reflection into a routine
  - d) To apply what you've learned and improve yourself
  
5. How can seeking feedback from others enhance the self-reflection process?
  - a) It's not necessary for self-reflection
  - b) It can provide valuable perspectives and insights
  - c) It always leads to positive feedback
  - d) It should replace self-reflection entirely

