

Name _____

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

Short Answer

1. Describe the importance of setting aside a specific time and finding a quiet space for self-reflection.
2. Provide an example of a question you might ask yourself during a self-reflection session, and explain why it's relevant to understanding yourself better.
3. How can keeping a journal aid in the self-reflection process? Give a brief explanation.
4. Share a personal experience where self-reflection led to a positive change in your behavior or decision-making. What did you learn from this experience?
5. Explain why celebrating your growth and progress is emphasized in the conclusion of the passage.

