

Name _____

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

Open-Ended Response Questions

1. Describe a recent self-reflection session you had. What questions did you ask yourself, and what insights did you gain from it? How do you plan to apply these insights to your life?
2. Imagine you have a friend who struggles with self-reflection and often feels unsure about its benefits. Write a persuasive letter to your friend, explaining why self-reflection is essential and how it can lead to personal growth and happiness.
3. Discuss a time when self-reflection helped you overcome a challenge or make a difficult decision. How did this process of self-reflection influence your actions and the outcome of the situation?
4. Share a personal story about a significant lesson you learned through self-reflection. How did this lesson change your perspective or behavior, and what impact did it have on your life?

