

A  
SEASONAL

# Self-Reflection

GUIDED PRACTICE



"It's not the experience that brings transformation;  
it's our reflection upon our experience."

-Jan Johnson





PART ONE :

# Reflect

**Reflect on the last few months by answering the following questions. Dare to be honest and vulnerable with yourself and with God.**

- What was life-giving or celebratory?
- What felt sad or heavy for you?
- Is there a movie, book or piece of art that has brought emotion out in you? What was it that evoked the emotion?
- What was something you laughed really hard at?
- What unresolved questions are you carrying around these days?

A large, light gray rounded rectangle that serves as a writing area for the user's reflections.



PART TWO:

# Reveal

**1 Look over your to-do list and planner.**

- How did you spend your time?
- What items were completed consistently or consistently were left undone?
- What activities and plans were the most life-giving for you during this timeframe?

**2 Review recent photos in your camera roll.**

- What do these photos reveal about what you love, who you love, who loves you and what your favorite ways to spend your time are?

**3 Recall some current events.**

- Has there been anything in the news that has been particularly upsetting or encouraging for you?

**4 Pay attention to work and life milestones.**  
*(This isn't always as relevant in every quarter.)*

- It's important to remember these milestones, mark them and celebrate them in a way that's life-giving for you.



## PART THREE :

# Respond

**As you look back on these last few months, wrap up your time of self-reflection by journaling:**

- What kind of energy was required of you over the last 90 days? Was the pace too fast or too slow?
- Did you live in a constant state of anger, distraction or joy and gratitude?
- Is there a word that comes to mind that could describe the last 3 months for you? When you look ahead, what's a word or phrase you hope will describe the next few months?
- What is your life asking for the most?
- What is one activity, memory or practice you would like to take with you into the future? Is there a memory or practice you'd like to leave behind?

"The practice of self-reflection is not one to keep us living in the past or wallowing in mistakes. Instead, it's a way to pause on purpose to listen to your life, so you can move forward with a little more confidence, a little more clarity, and a lot more intention. "

- Emily P. Freeman