REFLECTION PROMPTS

GOAL AND INFORMATION

Writing does not need to be difficult. It doesn't need to feel like a chore. Whilst there may be times, events or transitions in ones life that may require the 'big work', our general day to day lives don't need layer after layer, ego-dissolving, self-evaluation.

We simply need a brief check-in with ourselves to make sure we are still aligned with our values and goals. By briefly checking in with ourselves we can make micro adjustments that keep us on the desired path to achieving the ambitions we have set out for ourselves.

It need be no more difficult than watering a plant that will one day bear fruit.
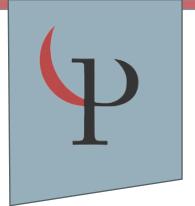
Reflection prompts are a great tool to make daily journaling easy and fun. Reflection prompts are simple, quick questions that make sense to ask yourself on a regular basis. Think of them as a checklist that over time, allows you to monitor and gauge some of your automated behaviour, whilst reviewing some of your bigger aspirations. They are also useful to help stop the paralysis and mind blank that can happen when faced with staring at nothing but a blank page.

Reflection prompts can be answered as simply or as deeply as the moment requires. Daily journaling combined with reflection prompts are an effective tool to help identify any behaviour that may be going unnoticed. It allows the user to identify possible pitfalls and make adjustments on a micro level to keep them heading in the right direction.

ADVICE FOR IMPLEMENTATION

On the following page is a list of reflection prompts to get started. Adding to and personalising this list is highly encouraged.

To reiterate: Remember, this should be easy.

Set an achievable goal. Maybe you aim to answer five prompts a week or two a day.

If you're short on time, answer one and move on.

TOOL DESCRIPTION

Don't dwell on which reflection prompts you will answer from the list. If one question or prompt stands out, answer it. Alternatively, let blind fate decide for you.

Close your eyes and at random, drop your finger somewhere on the page.

Now, open those eyes and get writing. Enjoy!

REFLECTION PROMPTS

Has anything been bothering me, if so, why?

What currently am I proud of myself for?

What am I most grateful for this year?

My perfect day looks like....

The best advice I could give someone at the moment is...

Are there any decisions I could currently make that would improve my health?

What is currently my biggest priority?
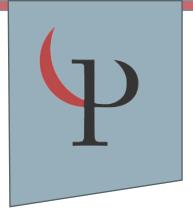
Did I overreact to anything this week?

How do I think my partner feels about me currently?

Do I have a current habit at the moment that I would like to correct?

How have I been feeling lately?

Currently, my sleeping patterns are.....

What is my biggest inspiration at the moment?

Right now, I could not live without.......

The best thing I've got going on right now is....

The best thing that happened today was?

Have I been ashamed or disappointed in myself recently?

Where would I like to travel to on my next holiday?

I really value my relationship with......

What qualities of my personality have been dominate lately?

I am thankful for..........

What am I most grateful for today?

I'd say my biggest strength at the moment is......

What would I like to learn?

Right now, I feel......

One thing that is nagging me at the moment is....

What I need in my life right now is/are......

I really shouldn't have......

I could definitely improve my....

What will you do on your next day off?

I really appreciate.....

I will never.....

Are there currently any hobbies or interests that I would like to pursue?

What has caused me the most stress or anxiety lately?

I felt really good when.....

What is my main priority this year?

If tomorrow where my last day on earth, what would I do?

I smiled when....

This weekend I would like to......

I'm so happy that....... is a part of my life, because.....

A perfect morning starts with.....

Have I generally been on time lately?

What made me laugh today?

I've noticed lately that I've been really good at.....

It's so awesome that.....

Name one thing that you need to currently improve on?

CREATE YOUR OWN