

## Reflection strategies

### TXST Resources

[Counseling Center Webinar Summer Series](#)

### External resources

15 simple exercises to increase your self-awareness

*Mindfulness.* (n.d). Ladders: Fast on Your Feet. Retrieved June 15, 2020 from <https://www.theladders.com/career-advice/15-simple-exercises-to-increase-your-self-awareness>

### Reflective Practice

- [Reflection Tools and Techniques](#)
- [Reflective Writing; Journals, Diaries and Group Support](#)
- [Other Reflective Tools and Techniques](#)
- [Facilitation and Moderation of Reflection](#)
- [Reflection on Learning](#)

*Reflective Practice.* (n.d). EmployIDAcademy. Retrieved June 15, 2020 from <https://mooc.employid.eu/the-changing-world-of-work/reflective-practice/>

5 guided self-reflection exercises

To get you started, here are some prompts you can use the next time you sit down to do some careful reflection. Set aside at least 15 minutes for any one of these and afterward, take action based on what you've learned.

- **To reflect on a project or process, ask yourself:**
  - What have I learned about how my organization works?
  - What barriers did I overcome?
  - What will I do differently next time?
  - What do I know now that I didn't know then? How did I acquire that knowledge?
  - What do I need to do today in order to make this learning concrete?
- **To reflect on "where you are," ask yourself:**
  - What's important to me?
  - How has what's important to me changed in the past year? Five years?

- How am I aligning my actions with what's important to me?
- What's difficult about it?
- What actions can I take today in order to find more alignment?
- **To reflect on a mistake (a rash decision you made, an offensive thing you said, a clear oversight in your judgement), ask yourself:**
  - From the perspective of three other people, what happened here? How might I have been perceived by those people?
  - What will I do differently next time? Whose help do I need to make that happen?
  - What's the new entry I'll now add to my [failure resume](#)?
  - With whom do I need to share my learning in order to maintain strong relationships in the future?
- **To reflect on an article you've read, a quote that speaks to you, or a talk you attended, ask yourself:**
  - Why are the ideas I've learned here so compelling to me?
  - How am I currently living out the ideas expressed here?
  - What might I do differently?
  - What might it feel like to make this my personal mantra?
  - What actions do I want to take next?
- **To reflect when you're feeling disengaged, antsy, uninspired, or just "blah," ask yourself:**
  - What are all of the things I'm feeling right now?
  - What's going on in life that might be creating these feelings?
  - How do these feelings impact me?
  - Do I want to let this continue? Why or why not?
  - What kind of support do I need?
  - What are the next three steps I'll take to move through (not around) these feelings?

*5 Self-Reflection Exercises to Start Your Year Off Right* (2020, Jan. 8). Idealist. Retrieved June 15, 2020 from <https://www.idealists.org/en/careers/5-self-reflection-exercises>