

Self-Reflection Questions

Self-reflection is a way of thinking about your thoughts and how you behaved throughout the day.

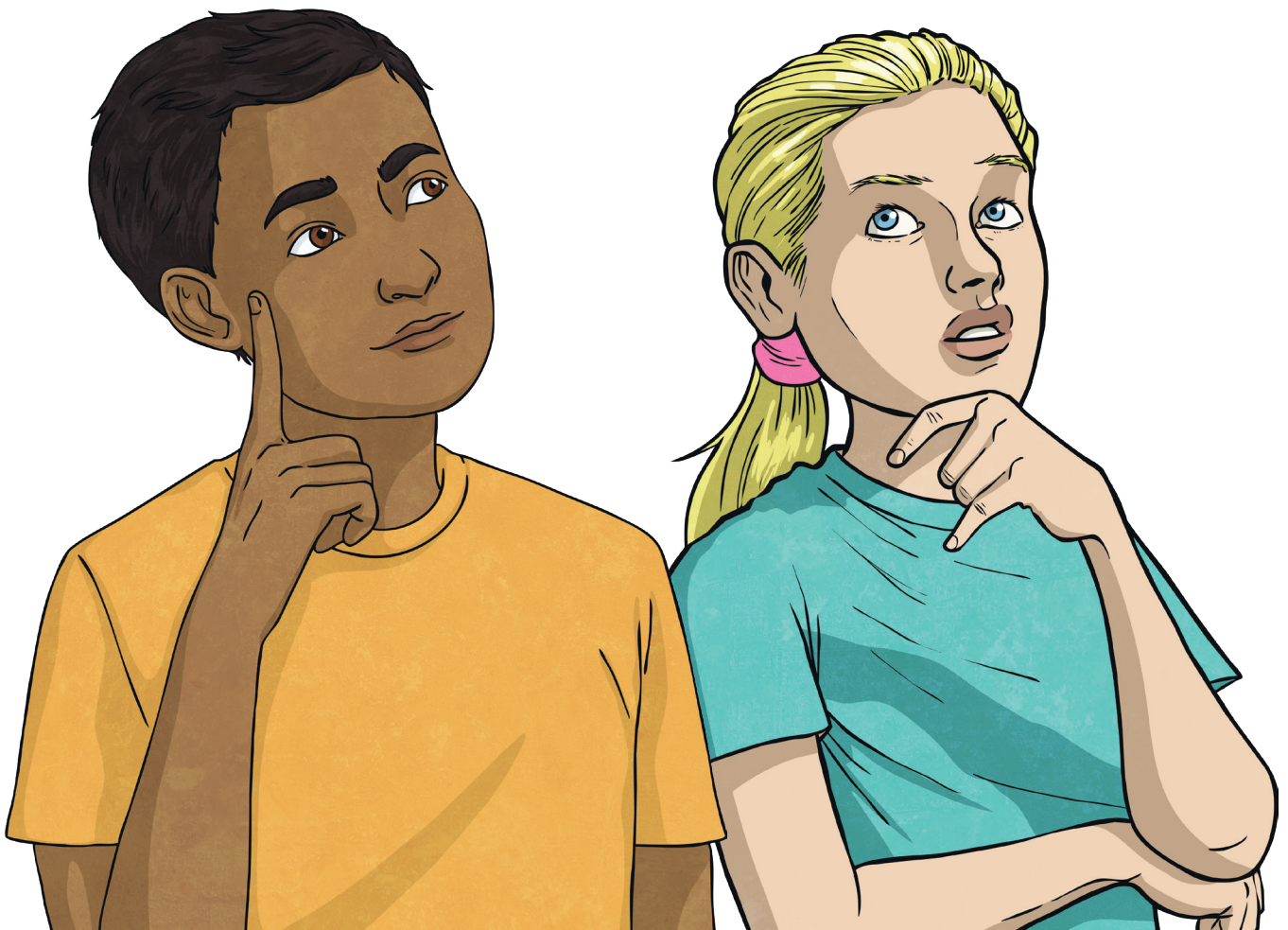
It is not an opportunity to be critical of yourself - it is a chance to think about why you behaved and thought as you did.

Once you can understand your thoughts and behaviour, you can start to think about what is important to you and what you want to change.

Try asking yourself some of these questions either in the evening or in the morning. You can decide when a good time for you is by thinking about when you have the most time and the space in which to think.

Some people like to do the task before they go to sleep or when they wake up.

The decision is yours.





- Do I wake up in the morning feeling ready to start the day?
- Do I think positively about myself?
 - Do I have more positive thoughts than negative?
- Do I forgive myself when I make a mistake?
 - Do I forgive others?
- Do I have an achievable goal that I am working towards?
 - Do I understand what causes me to think negatively?
- Do I understand what helps me to think and feel positively?