

Time for time out

Self-reflection requires focus. To do this, eliminate distractions as much as possible: turn off the tv, switch off your smartphone, disconnect your phone, close your laptop, ...

Agenda

Plan recurring moments for introspection. You can do this on a daily, weekly, biweekly, ... basis. Doing this will help you evaluate the path towards your goals.

Daily reflection

You can allocate a couple of minutes each day to self-reflection, for example by writing down answers to the following questions:

- ∞ What was my intention for the day? Did I live up to it?
- ∞ What went well today? How so?
- ∞ What went wrong today? What can I do to prevent it from happening again?
- ∞ What is my intention for tomorrow? What should I do to accomplish this?

Third person

Sometimes self-analysing yourself can be difficult. You could try to talk about yourself in the third person. For example: "What would Mien think about this" instead of "what would I think about this"

Journal

Keep a daily journal and spend five minutes each day writing down all the thoughts that come to mind. Don't worry about the content itself, it's the act of scribing and releasing your thoughts that's important.

Mind the gap

Be mindful of differences between your thoughts and your actions or words. Are they in line or do you notice discrepancies?



Sitting in silence

Just sitting peacefully can be very healing. You can take a seat on a bench near a lake, under a tree or any place that inspires you. Remove all distractions, switch off your smartphone. You can go a step further and take one of the reflection questions from the book. Let the question sink in and let the answer(s) come to you with an open mind. This is also a good exercise in mindfulness. Whenever your mind drifts off, bring it back to the question.

