

Writing for Self-reflection

Self-reflection is serious thought about one's character, actions, values, motives, and impact. By self-reflecting, we deepen our understanding of ourselves and allow ourselves to grow.

Exploring your values, opinions, and personality traits in writing can teach you more about who you are as a person. In-depth reflection can strengthen not just the relationship you have with yourself but also the connections you build with others.

Explore one or more of these prompts using the space below:

1. What values do you consider most important (honesty, justice, altruism, loyalty, etc.)? How do your actions align with those values?
2. What do you appreciate most about your personality? What aspects do you find harder to accept?
3. Explore an opinion or two you held in the past but have since questioned or changed. What led you to change that opinion?
4. List three personal beliefs you're willing to reconsider or further explore. How can you encourage that exploration?
5. Describe a few significant life events that shaped you into who you are today.
6. When do you trust yourself most? When do you find it difficult to trust yourself?
