

SELF-REFLECTION

DEFINITION

Self-reflection is the process of introspectively analyzing one's thoughts, feelings, and actions to gain deeper understanding and insight. It's a conscious effort to step back and assess one's experiences, decisions, and overall life journey. Through self-reflection, individuals can identify strengths, weaknesses, patterns, and areas for growth or change.

EXAMPLES

- **Journaling:** Regularly writing down thoughts, feelings, and experiences to process emotions.
- **Meditation:** Setting aside time for stillness and inner exploration to understand oneself better.
- **Feedback Seeking:** Actively asking peers, mentors, or colleagues for input on your behavior and performance.

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