

Introduction

In this modern-day living, most of us tend to live life without properly reflecting and this is usually because we've got our eyes fixed on our big goals and we're just rushing through life. Funnily, many people are beginning to understand the importance of knowing themselves better than anybody else does but creating the time to sit down and think is usually the problem as they'll always say that they have no time for that.

When we speak of self-reflection, you can see it as a tool that gives you the opportunity to analyze your achievements, your skills, your flaws, your fears, your needs, your wants, your aspirations, your position in life, what drives you, and your thoughts. It's more like an advanced form of mental gymnastics that comes with a thorough analytical tool. Self-reflection is a way to find yourself, it can help you start a major change in your life, propel you to take vital actions that are necessary for your growth and development, and assist in organization and planning. It can as well help to calm you down, make you feel confident, identify your goal, and aid you to attain greater motivation.

Self-reflection propels you to ask yourself a set of questions and these questions do help you discover who you are, what you need to do, and lead to more meaningful questions, even though they're extremely basic questions. These questions can do a lot of good in helping you improve your subtle toxic behaviors and they can also help you focus on positive

Chapter 1: Understanding Self-reflection and its Significance

Our everyday living and encounters do give us tons of opportunities to bask in self-love. From window shopping to looking at the mirrors, we're truly faced with countless occasions to adore ourselves and see how beautiful and amazing we are, and while it's indeed beautiful for us to see the beauty in appreciating ourselves for who we are, we should also take time to think of how splendid it would be if we can afford to invest a little time to shine an unveiling light on our consciousness and glance beyond our skin-deep presentations and outer legging-clad exteriors. Delving into the act of self-reflection is very vital when we're looking at our goals and actions but the question is, how often do we consider self-reflection? What of our emotional wellbeing and gut feeling? How often do we check back in with them?

What is Self-reflection?

Self-reflection can be simply explained to be the conscious act of taking an inward look at your emotions, performance, behaviors, and thoughts with the aim of improving and growing. Most times, we put both our personal and professional lives at a detriment when we brush aside this act to the very bottom of our to-do list. Little do we know that our aspirations for the future, gut feelings, and current goals can be aligned with our path when we take time to practice self-reflection.

With self-reflection, you'll get to understand the complex relationship that exists between your goals and emotions, and aside from the intriguing additional insight into the complex manner it provides, it can as well help you become more satisfied in your relationships, increase your productivity at your daily tasks, be better orientated, and become more focused with work when you practice it regularly. As highlighted by Robert L. Rosen, self-reflection has to do with imagining yourself in the future, reflecting on your interactions with others, thinking about your perceptions, assessing your strengths and failures, and questioning yourself about your values.

Why You Need Self-reflection

One can never exhaust the importance of practicing self-reflection. Whether you thirst to gain a new perspective on a situation or you're in need of guidance, self-reflection is always there to help you. It can help you realign yourself with your core values and beliefs, help you refocus, and it can as well make you take some breaths to relax and then continue later. At times, looking at what makes us feel purposeful and motivated is what we need to do, rather than looking for practical solutions. This could be pretty much applicable if you're attempting something a little different; maybe planning a career switch or thinking of opting in for a change of job. This is because we can feel uplifted and enjoy a more satisfactory life when we're reminded of our talents and aspirations.