

Self-Reflection Thoughts



self-re·flec·tion

noun

Meditation or serious thought about one's character, actions, and motives.



Thoughts

Date: _____

Why is self-reflection important to you?

Thoughts

Date: _____

What is inspiring your self-reflection journey?

Thoughts

Date:

How authentic of a person are you?

Thoughts

Date: _____

Are you staying true to yourself?

Thoughts

Date:

Where do your deepest values come from?

Thoughts

Date: _____

Do you feel you are in alignment right now?

Thoughts

Date: _____

What choices are you making for your higher good?

Thoughts

Date: _____

Are you open to feedback?

Thoughts

Date: _____

Are you willing to learn new things?

Thoughts

Date:

How did you handle that big change in your life?



Thoughts

Date: _____

List your unique talents that came naturally to you.

Thoughts

Date:

When do you feel the most like yourself?

Thoughts

Date:

What was a big turning point in your life?

Thoughts

Date: _____

What is something you have changed your perspective on?



Thoughts

Date:

List some of the best advice people have given you.

Thoughts

Date: _____

What is the most impactful thing said to you?

Thoughts

Date:

What do you believe is worth fighting for?

Thoughts

Date: _____

Do you think you are a good person?

Thoughts

Date:

What makes you a good person?

Thoughts

Date:

How do you feel you could improve as a person?

Thoughts

Date: _____

Who inspires you to be a better person?



Thoughts

Date:

If someone wrote a character letter about you, what would it say?

Thoughts

Date: _____

How have your actions shaped your life?

Thoughts

Date: _____

What have you learned about yourself recently?

Thoughts

Date: _____

What do you want to be more self-aware about?

Thoughts

Date: _____

What are you trying to learn more about yourself?

Thoughts

Date:

How do you fit in your community?

Thoughts

Date:

How are you bringing more calmness to your life?

Thoughts

Date:

What makes you feel calm and relaxed?

Thoughts

Date:

What does it mean to you to be peaceful?

Thoughts

Date: _____

How do you resolve conflicts?

Thoughts

Date:

How do you handle stressful events in your life?

Thoughts

Date:

How are trying to improve your ability to handle stress?

Thoughts

Date:

Are you a critical or rational thinker?

Thoughts

Date:

What makes you feel more empowered?

Thoughts

Date: _____

How are you taking your power back?

Thoughts

Date: _____

List some situations that make you feel uncomfortable.

Thoughts

Date:

What is one way you can step out of your comfort zone?

Thoughts

Date: _____

Where are your strengths?



Thoughts

Date:

Where are your weaknesses?

Thoughts

Date:

How do you feel when you are in nature?

Thoughts

Date:

What is your favorite way to spend a day off?



Thoughts

Date:

How do you spend rainy days?

Thoughts

Date: _____

How often do you read for pleasure?



Thoughts

Date: _____

How do you choose to practice self-care?



Thoughts

Date:

How often do you allow yourself to rest?

Thoughts

Date:

How do you deal with failure?

Thoughts

Date: _____

What do you have an unhealthy perspective on?



Thoughts

Date:

What do you feel you take for granted?

Thoughts

Date: _____

What is your biggest worry?

Thoughts

Date: _____

List what you are excited about for the future.

Thoughts

Date: _____

What are some acts of kindness you have done?

Thoughts

Date: _____

How are you making the world a better place?



Thoughts

Date: _____

What is your love language?

Thoughts

Date:

What always makes you cry?

Thoughts

Date: _____

When do you doubt your own intuition?



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BREAKING THE CYCLE

HOW TO STOP NEGATIVE STORIES FROM DEFINING YOUR LIFE



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ECOURSE

NEED TO MAKE A CHANGE?

IT'S YOUR TIME TO BREAK THE CYCLE

I understand the need to dig deep into our stories, the ones we tell ourselves that often aren't as true as we think. I've been there, feeling trapped in a cycle of self-doubt and negative self-talk, where the stories I told myself held me back from truly shining. It's like wearing a label that doesn't fit anymore.

I know the frustration of feeling stuck in a narrative that doesn't celebrate my growth or the person I'm striving to become. That's exactly why I created this course – to help us break free, rewrite our stories, and step into our light with confidence and joy. May I invite you to accept this complimentary gift?

AC



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IN YOUR BRILLIANCE



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IT'S
YOUR
TIME