

# Unity Center for YOUniversal Prosperity™

*Walking the spiritual path on practical, positive, prosperous feet*

1405 Autumn Ridge Drive, Durham, NC 27712 • 919.530.9417 • [UnityCenterForYOUniversalProsperity.org](http://UnityCenterForYOUniversalProsperity.org)



## **Mastering the Art of Living: How to Be Self-Reflective**

Being self-reflective is a valuable practice that can help you gain self-awareness, personal growth, and a deeper understanding of yourself and your life. Here are some steps to help you become more self-reflective:

1. **Create Time and Space:** Set aside dedicated time for self-reflection. Find a quiet, comfortable place where you won't be disturbed. It could be a daily or weekly practice, depending on your preference. [Note: This is separate from your regular meditation practices! The focus of this time is specifically for self-reflection.]
2. **Journal:** Keep a journal to record your thoughts, feelings, and experiences. Writing down your reflections can help you organize your thoughts and track your personal growth over time.
3. **Practice Mindfulness Meditation:** Practice mindfulness meditation to become more aware of your thoughts, emotions, and bodily sensations. Mindfulness helps you observe your inner experiences without judgment.
4. **Ask Yourself Questions:** Pose open-ended questions to yourself. These can include:
  - ☉ What am I feeling right now?
  - ☉ What triggered this emotion or thought?
  - ☉ What are my strengths and weaknesses?
  - ☉ What are my core values and beliefs?
  - ☉ How have my values and beliefs changed ... and what effect has it had on my spiritual growth?
5. **Assess your goals, values, and priorities regularly:** Are they aligned with your actions and decisions? Are there areas of your life that need adjustment or realignment?
6. **Seek Feedback:** Reach out to trusted friends, family members, or mentors for feedback on your behavior and how you come across to others. Constructive feedback can provide valuable insights.

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7. **Learn From Your Experiences:** Reflect on both positive and negative experiences. What did you learn from them? How can you apply these lessons in the future?
8. **Practice Empathy:** Put yourself in other people's shoes and try to understand their perspectives and feelings. This can enhance your self-awareness and improve your relationships.
9. **Set Goals for Future Growth:** Identify areas of personal development that you want to focus on and set specific goals for improvement. Regularly evaluate your progress.
10. **Embrace Change:** Be open to change and adaptation. Understand that self-reflection may reveal aspects of yourself that require adjustment or personal growth.
11. **Be Patient and Kind to Yourself:** Self-reflection can sometimes bring up uncomfortable truths or difficult emotions. Be gentle with yourself and practice self-compassion as you explore your inner self.
12. **Adopt Self-Reflection as a Continuous Practice:** Self-reflection is an ongoing practice... It's not something you do once and forget about... Make it a part of your routine and commit to regular self-assessment.



Remember that self-reflection is a journey, and it can take time to develop this skill. The more you engage in self-reflective practices, the more you will understand yourself, your motivations, and your path to personal growth and fulfillment.

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## Mastering the Art of Living: Practicing Self-Reflection Check-up

### How ...

Did I Create Time and Space?

Did I Journal?

Did I Practice Mindfulness Meditation?

Did I Ask Myself Reflection Questions?

Did I Assess My Goals, Values, and Priorities?

Did I Seek Feedback?

Did I Learn From My Experiences?

Did I Practice Empathy?

Did I Set Goals for Future Growth?

Did I Embrace Change?

Have I Been Patient and Kind to Myself?

Have I Adopted Self-Reflection as a Continuous Practice?



*Self-reflection is the sacred journey that leads us to embrace our authentic selves and live a life of purpose and fulfillment.*

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