

WEEK2: My Reflective Journal on the Improving Self-awareness

I have learned in the classroom how Improving self-awareness through reflection is a powerful practice that helps myself understand my thoughts, emotions, and behaviours. Here are some strategies I would apply to deepen myself self-awareness in my reflections:

1. Journaling Regularly

- + Set aside time each day or week to write down my thoughts and feelings. Reflecting on events, interactions, or decisions I have made. This helps my track patterns in my behaviour and emotions over time, allowing for deeper self-understanding.**

Questions to ask myself

- + How did I feel today, and why?**
- + What went well, and what didn't? Why?**
- + What triggered my emotions today?**

2. Practice Mindfulness

- ✚ Pay attention to my thoughts and feelings in the present moment without judgment. Mindfulness would increase my awareness of unconscious patterns or automatic responses.¹

3. Seek Feedback from Others

- ✚ Sometimes, we are too close to our own experiences to see things clearly. Ask trusted friends, family, or colleagues for constructive feedback about how they perceive myself. This would help myself identify blind spots and gain a more balanced perspective on myself behaviours.

4. Identify my Values

- ✚ Take time to reflect on what truly matters to myself. What are my core values, and how do my actions align with them? When I reflect on situations or decisions, consider if they align with my values or if there's a disconnect.
- ✚ Reflect on questions like:
- ✚ Am I living in alignment with my values?
- ✚ What do I care most about in my personal and professional life?

✚ ¹ Consider incorporating breathing exercises, meditation, or just spending time in nature to sharpen my attention to the here and now.

5. Challenge my Assumptions

- + **We all carry mental models and assumptions about the world, ourselves, and others. Regularly challenge these assumptions to see if they hold up under scrutiny. Ask yourself:**
- + **What beliefs do I hold that may no longer serve me?**
- + **Are my assumptions limiting my growth?**

6. Track Progress and Set Intention

- + **Reflect not only on challenges but also on my progress. What goals have I achieved? Where do I still want to grow? Set clear intentions for the next steps and keep revisiting them to stay focused.**
- + **Try breaking down larger goals into small, measurable actions and celebrate small wins along the way.**

7. Practice Self-Compassion

- + **Be kind to yourself in my reflections. Rather than focusing on what I did wrong, focus on what myself would learning Self-awareness would sometimes bring up feelings of discomfort, but practicing self-compassion allows myself to acknowledge my mistakes without self-criticism.**

8. Use Reflection Prompts

- + **Sometimes, having a set of prompts can help guide myself reflections more deeply. Examples include:**
- + **What did I learn about myself today?**
- + **How did I handle stress, and what can I do better next time?**
- + **What would I have done differently in a specific situation?**

9. Consider Emotional Responses

- + **Take note of how myself respond emotionally to situations, both positive and negative. Emotions would be a gateway to deeper self-awareness, revealing underlying beliefs or triggers.**
- + **Reflect on questions like:**
- + **What emotions did I experience today? What caused them?**
- + **How did I respond to those emotions? Was my response helpful?**

10. Engage in Deep Thinking

- + **Rather than just skimming the surface of myself experiences, try to go deeper. Ask myself why I feel a certain way or why certain situations affect myself more than others. The goal is to uncover underlying motivations, fears, or desires that drive my actions.**

In summary:

Improving self-awareness is an ongoing process. The more I engage with ourselves thoughts, feelings, and actions, the more you would understand my true self and make conscious choices to grow. Regular reflection, openness to feedback, and self-compassion are key elements in this journey.