



SELF-REFLECTION SERIES
SIX STEPS TO
Self-Reflection

1

Detailing the Situation

What happened?

2

Assessing Your Emotional State

What was I thinking and why did I feel the way I did?

3

Making Sense of the Situation

Why did it happen?



4

Critically Reviewing and Developing Insights

What did I learn?

5

Changing Your Practice

*What else could I have done?
How can I do better in the future?*

6

Reinforcing Your Reflection

What will happen if a similar situation arises?



Adapted by PATHS, York University from:
Koshy, K., Limb, C., Gundogdu, B., Whitehurst, K., & Jafree, D. J. (2017). Reflective practice in health care and how to reflect effectively. *International journal of surgery. Oncology*, 2(6), e20. <https://doi.org/10.1097/IJOS.0000000000000020>
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Nysut Self Reflection Guide

Vision Publishing

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Resources in Education ,1980 Resources in Education ,1980 State Education Journal Index and Educators' Guide to Periodicals Research Strategies ,2005 An index of state education journals **The Executive Educator** ,1993
Government Employee Relations Report ,1978 **New York School Boards** ,1995 Who's who in American Education ,1989 **Empire State Report** ,1987 *Discover Yourself* Jessica Blalock,2012-07 Discover Yourself A Personal Development Workbook for YOUTH ages 9 16 helps young people focus on discovering examining and developing themselves through self reflection and analysis This book is adapted from the workbook Discover Yourself A Personal Development Workbook This workbook includes 5 quick and easy steps to self discovery It gives youth the opportunity to write things about themselves regarding their spirituality how they manage their thoughts and emotions how they interact with others how they care for their physical body their aspirations in life At the end of the book they will have the opportunity to create 1 or 2 goals that they want to set for themselves When youth go through the self discovery process they will feel healthier mentally and physically and begin to remove blocks that prevent true happiness This process requires will determination and persistence By discovering self youth have the opportunity to improve behavior thinking and interactions with others by first making changes in SELF through SELF DISCOVERY **21 and Up GUIDE to SELF REDISCOVERY** Jason Costanza,2019-10-04 Kind of cool to see that you have been conducting and living a personal study your entire life You can go to school for a lifetime and still not get the same knowledge that experiencing that lifetime could give you Once you realize that all your resources lie within the lessons of those experiences you can be free of all doubt Just trust that you will make every turn from here on out the right one In this workbook I break down life into 7 year sections 0 7 8 14 and 15 21 asking you to reflect on good experiences and bad Then breaking down relationships the same way compartmentalizing heart connections friendships and mentorships also reflecting on the good and bad experiences within those connections At the end of the book you will be connecting all these experiences to the present The major self reflection will be to look with clarity toward the future by being empowered with knowing you have been manifesting what comes to you the whole time It is empowering and is a formula to turn experience into wisdom Grab a journal that you can dedicate to this workbook In the very end you will be able to publish your own unique story Through this work you will unlock the answers that are within you

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[Unlocking Your True Self](#) Flynn Bryn,2023-08-30 Exploring the Significance of Self Discovery In today s fast paced world it s easy to lose sight of who we truly are amidst the chaos and demands of daily life To navigate through adversities and uncertainties embarking on a journey of self discovery is crucial This chapter aims to illuminate the importance of self discovery and how it can empower both teenagers and adults to live fulfilling lives Self discovery is the process of understanding oneself on a deeper level delving into our values beliefs passions and purpose It s a journey that allows us to unearth our true selves and make choices that align with our authentic desires rather than conforming to societal expectations or external pressures One of the prime benefits of self discovery is heightened self awareness By comprehending our strengths weaknesses and triggers we can make well informed decisions and take charge of our lives This self awareness acts as a compass guiding us towards choices that bring us joy and fulfillment Through self reflection and introspection we gain a clearer understanding of who we are and what truly matters to us Self discovery also plays a pivotal role in personal growth and healing By exploring our past experiences traumas and limiting beliefs we can identify patterns that might be holding us back This process enables us to release negative thoughts and emotions cultivating a positive mindset that supports our well being Through self help techniques and practices we can heal past wounds and develop resilience to conquer future challenges For teenagers self discovery is especially vital as it helps them establish a strong identity and purpose By exploring their passions and interests they can make informed decisions about their future education career and relationships It empowers them to embrace their unique qualities and build self confidence enabling them to navigate the complexities of adolescence with resilience and authenticity In conclusion self discovery is a transformative

journey that holds immense significance in the realm of self help It enables individuals to unearth their true selves enhance self awareness and nurture personal growth and healing By comprehending our core identity we can make choices that align with our values and lead to fulfilling lives Whether one is a teenager or an adult embarking on the path of self discovery is a powerful step towards unlocking one s true self and living a life of empowerment

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