

## Self Reflection

Setting time aside to focus thoughts and intentions on yourself – who you **are**, who you want to **be** and what you want to **do**.

Self-reflection will help you slow down and pause to tune into your emotions, recognise your intention, and evaluate how a particular situation sits against your values.

Self-reflection helps you to develop self-awareness and to **live more mindfully**.



Self-reflection is a **skill**. This means anyone can do it with some practice. It is also a **personal practice** - no one size fits all.



### 6 tips to help develop your Self-reflection Practice

- Tip 1 - SOLITUDE
- Tip 2 - STILLNESS
- Tip 3 - INTENTION
- Tip 4 - AUTOMATIC WRITING
- Tip 5 - REGULAR PRACTICE
- Tip 6 - CREATIVE EXPRESSION

Your Turn

### TOP SOFT SKILLS

Soft skills are about your attitude and motivation as well as how you relate to others. Developing soft skills is essential for success in the work environment.

Practise some Self Reflection using the Top Soft Skills infographic

RESPONSIBILITY & RELIABILITY



SELF-MOTIVATION



TIME MANAGEMENT



TEAMWORK



EFFECTIVE COMMUNICATION



CREATIVITY



PROBLEM-SOLVING



RESILIENCE



Identify one or two soft skills that are strengths for you. Pause and reflect on successes.

Identify one or two soft skills that are weaker for you. Pause and reflect.

Choose one of the skills you would like to work on and develop. Is there one small action you can take to grow stronger in this skill in the coming months?