



## Quotes about Honest Reflection

Real transformation requires real honesty. If you want to move forward-get real with yourself

-Bryant McGill

When you are honest with yourself you find the road to inner peace.

-Paramahansa  
Yogananda

Self reflection is the school of wisdom.

-Baltasar Gracian



## Lesson Objectives

- Know the importance of being honest with your current situation
- Create a routine for reflecting regularly (Like working out in a gym, if you don't schedule reflections, you will not likely grow)

## Leaders Know...

- To be honest with yourself (Not too hard/ Not too easy...Honest. Work hard to eliminate internal bias)
- To build that habit, ask questions (see lists in the lesson)
- Build in some scheduled reflections (Daily, Weekly, and Monthly)
- Whenever you feel off-track, try to stop and reflect.
- Try little experiments and pay attention to results (ex. If I do "x" then "y" will happen.
- Build relationships so that people are honest with you and can give you feedback.
- Accept feedback and reflect on it honestly and humbly (this helps to eliminate bias)

## The "why"

In order to get from point A to point B, you have to know where point A is. The analogy is that if you are traveling from New York to Orlando, you can basically travel straight south to get there.

But if you think you are in New York but you are actually in Tokyo, Japan, then traveling south puts you in Papua New Guinea; which is a nice place but it's not your target.

Taking time to think about where you are, gives you a much better chance at reaching your goals.

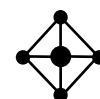
## Key Resources

Google Search: Giselle Kovary Blog: 12-17-2015-*The value of self reflection*

Become Worth Following Reflection Question (see back of this document)

Book: Read *The Advantage* by Patric Lencioni (learn to ask the 6 Critical Questions)

[YouTube: Become Worth Following Honest Reflection](#)



**The value of taking time to reflect.**

**Schedule Seasonal Reflections- Check out the 6 Critical Questions in [The Advantage](#) by Pat Lencioni**

**Schedule Weekly Reflections to stay on track.**

**Schedule Daily Reflections to make small adjustments.**

**Spontaneous Reflection help us stay on track in each moment.**

**Reflecting on Feedback gives us the opportunity to see parts of ourself that we can't see for ourselves.**



## Reinforcing Activity

This exercise can be done in a group or individually.

Schedule the daily reflections for a week or so. See how it goes.

### **Let's try a DAILY REFLECTION**

1. What have I done in the last 24 hours to move me closer to my goals?
2. What have I done in the last 24 hours to help other people?
3. What am I grateful for right now?
4. What challenges have come up in the last 24 hours that might actually be opportunities?
5. What unexpected good things have happened to me in the last 24 hours?
6. How do I feel right now?
7. Is there anything I messed up yesterday that I need to fix today?

### **Practice a Spontaneous Reflection**

Recall a recent time when you felt really off track?

1. Why did that just happen?
2. Why am I feeling like this right now?
3. How would [fill in the name of the person you admire most] handle this?
4. Who can I turn to for help on this?
5. What would I like to see happen in this situation?

**Reflect and journal for a few days. Pay attention to how people interact with you after a few days. You'll see a difference!**