



PHILOS
Support Services

3 Minute Break: Self-Reflection

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Ask yourself the following 3 questions, list all you can think of in 1 minute- whatever comes to mind, write it down. Do this for each question.



- 1. What did a specific person, God, or the universe give to me?*
- 2. What did I give to this person, God or the universe?*
- 3. What trouble did I cause this person, God, or the universe?*

