



## Strategic Leadership Consulting

### The Way of Reflection

Why should you say yes to investing time each week in reflection? Reflecting, done correctly, has the following benefits:

- Helps monitor your personal state of mind
- Reminds you to celebrate successes
- Provides insight into challenges
- Lays the foundation for intentional action

A simple reflection begins by asking yourself the four questions below.

**The Way of Reflection**

- Pulse Check** • How am I?
- Celebrate** • What went well this week?
- Critique** • What didn't go well this week?
- Frame** • What should I be mindful of next week?

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If this is helpful, consider developing a reflection routine. A reflection routine consists of designating a clear reason, time, and space for reflection. Your reason for reflection should remain relatively consistent, but may change over time based on your needs. Maybe reflecting can help increase your productivity, or provide you with calm moving into the weekend. Whichever it is, be clear about why reflection is important to you.