

LET'S TALK ABOUT *Reflection*

At its simplest, reflection is about careful thought. Reflection gives the brain an opportunity to pause amidst the chaos, untangle and sort through observations and experiences, consider multiple possible interpretations, and create meaning.

5 QUESTIONS TO ASK BEFORE SETTING ANOTHER GOAL

1. What emotions do you want to feel more of in the near future? (Or if it's easier to pinpoint, what emotions do you want to feel less of?)

2. Who are you craving a deeper connection with right now?

3. What one regret do you want to make right – as soon as possible?

4. How do you want the people around you to describe you?

5. What adventure, project, or experience would make you feel totally, completely, beyond excited about life?

