

reflect

What it is

When we reflect, we *'give careful thought to our beliefs, behaviors, and past experiences.'* Reflection is rooted in inquiry, involves perspective taking, and acts as a mental bridge between having an experience and learning from it.

Why we need it

Our ability to reflect is fundamental to being human. However, recent studies indicate that time spent 'thinking and reflecting' has largely been replaced by time spent on screens - now over 13 hours/day on average. Many of us are 'over-doing' and action-addicted.

Reflection rebalances us from action in the following ways:


- Boosts mental energy by activating the prefrontal cortex
- Increases self-awareness and regulation of emotions
- Stimulates creativity in the brain's default mode network
- Improves pattern recognition and decision-making
- Enhances learning, leadership, and overall performance

How to do it

When we practice reflecting, we typically follow three simple steps:

1. First, relax your body and mind. You may find it useful to visualize a clear sky or vast ocean to invite a quality of openness.
2. Now, focus on one juicy question. Our reflection prompts can be remembered with the acronym PAUSE: Purpose, Attitudes, Understanding, Strengths, Emotions
3. Finally, decide how you will apply your insights. What might you tell another person about what you've gained from 'thinking about your thinking?'

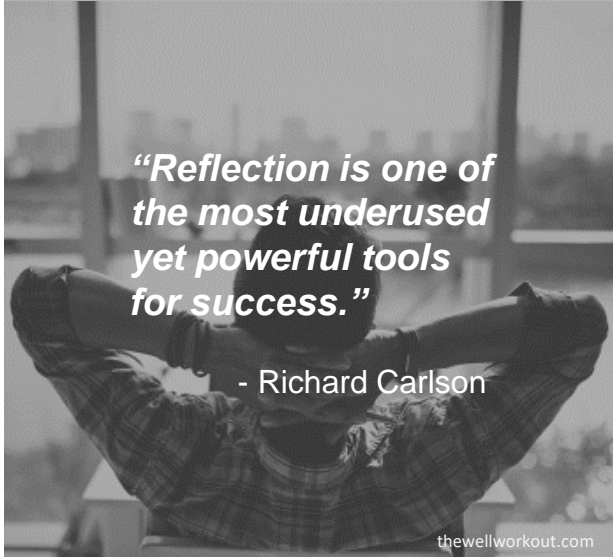
Our efficiency-driven culture has fueled an addiction to action based on the false belief that faster is better. The time has come to rebalance – and reflection can help.



“Without reflection, we go blindly on our way, creating more unintended consequences, and failing to achieve anything useful.”

- Margaret Wheatley

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“Reflection is one of the most underused yet powerful tools for success.”

- Richard Carlson

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