

Empower Yourself Through Self-Reflection

Benefits of self-reflection

Self-reflection is the examination of your thoughts, emotions, and experiences. Thinking about why you may feel and act the way you do is an important step on the path toward self-discovery and personal growth. The insights you gain will empower you to navigate life's challenges with greater clarity and resilience.

Since it enhances self-awareness, you may find you have better control over your emotions and stress response. Research suggests that it can even strengthen the brain's decision-making and problem-solving abilities. Looking inward involves being mindful and present, which can ultimately improve your mental well-being.

Starting a self-reflection practice

It's helpful to self-reflect before therapy or coaching sessions, or anytime you'd like to understand yourself a little better.

The following self-reflection tool outlines an exercise that can guide your practice. Here are some tips on how to set yourself up for self-reflection success:

1. Find a quiet, comfortable space where you can think without distractions.
2. Look through the questions on the worksheet.
3. Write down or talk about your answers.
4. Acknowledge your thoughts and feelings without judgment.
5. Reflect on your answers and try to identify patterns.
6. Take action on your insights to make positive changes or set goals.
7. Incorporate self-reflection into your routine and make it a habit.

Additional guidance and support

[Join January's webinar](#) to hear from Spring Health clinical experts DeDe Alexander and Matt Hale about how to use this tool and how it can enhance your experience with therapy.

[Activate your Spring Health account](#) to explore your mental health benefits or speak with a Care Navigator about your needs.

The Art of Self-Reflection



On a scale of 1-5, today was a ____

On a scale of 1-5, my level of happiness or satisfaction is a ____


On a scale of 1-5, my relationships are a ____

On a scale of 1-5, my mood has been a ____

Now, let's tap into some deeper thoughts. Take a few minutes to think about you.


Reflect on 3 Strengths

1 2 3



Reflect on 3 Weaknesses

1 2 3



How can you **use** your **STRENGTHS** to help overcome your *weaknesses* ?

Think about your most common emotions, what triggers them, and how you typically respond

Emotions

EXAMPLE
Anger

Triggers

EXAMPLE
Not being heard

Responses

EXAMPLE
Withdrawn