



**From Values to Action**  
Session 1: Self Reflection Notes  
Thursday, January 12, 2012

- **Daily:** More time with family. Reflect during long commute upon waking/prior to returning; needs to institutionalize daily reflection for self/balance; visit grandchildren able to step back and watch: end of day (half asleep)
- **Weekly:** Church attendance/reflection, worship service
- **Annual:** New Year Resolution/Balance; Mission trips, men's retreat
- **Periodic:** Working outside, teenagers/when they become more serious; see a counselor 1x month which is more a time of reflection, points of crisis help to move on to take a step back and reflect
- **Like to do:** Retreats, making time, visualize and plan what to do the next day.
- Reflect during the drive home, when you wake at night, set aside time to "have a drink" with yourself, while serving others (i.e., at church youth group), when walking the dog, during yard work and around your birthday to think about the year.
- Make the time to break and focus on self-reflection
- The environment will help influence the mood
- Emotions will come and go, but the mood is what is left behind. Leaders are responsible for managing the mood.

- **Daily basis:** exercise (e.g., yoga, walking), making lists could be expanded to include reflection, ponder questions about your life – 15 minutes first thing in the morning, teaching – what worked well, what needs improvement and think about what you did that day to move towards your goals
- **Weekly basis:** worship and refining lists – weekdays and weekend
- **Annual basis:** listing accomplishments/performance review and goals for the next year
- **During crisis:** easier to do, feeling overwhelmed – need to take stock of priorities so you know what you should focus your time on
- **Daily:** on runs (without music) – time to be alone with your thoughts, at bedtime or in place of reading, while driving, start off day with coffee, in the morning while the house is quiet, in the shower, yoga – type of reflection/time to tune other distractions out, morning or before bed sit quietly with no electronics and sit and reflect – it is difficult at first, relax (which can take effort) and self reflection just comes
- **Weekly:** on the weekends – get up early, after tasks; evaluate how//what you did and how to charge/improve after work with colleagues and while running especially on vacation when you have a bit more time
- **Annually:** before the holiday, attending seminars like this on vacations. Perhaps should make a date/time on calendar to reflect you some time to stop thinking – perhaps that is the first step to quieting your thoughts so you can self-reflect
- Travel opportunities/reflection (car/air travel), morning reflection, walking/exercise/reflection, beach environment, garden work, self examination vs. self reflection, quiet time and opportunities for celebration in life