

Reflection Questions –

Point of Departure	Questions We Ask Self
AM	<ul style="list-style-type: none"> • What is my vision for self? • What are my inner soul goals? • Why am I pursuing these goals? • What sub-goals must I achieve today? • What initiatives will I start today or continue today? • What life pathways must I perform to support key initiatives? • What commitments must I keep to support life pathways? • Did I use my life aids yet? At what point(s) will I use my life aids today? • What did I learn from 'another day of living' (yesterday)? • What do I need to do differently today based on yesterday's learnings? • Is will at attention?
PM	<ul style="list-style-type: none"> • In what way did I succeed today? • In what way did I fail today? • Why did I fail? • What obstacles did I encounter today? • How did I deal with such obstacles? • How could I have better handled such obstacles? • How could I more effectively use life aids? • What must I do to prevent failures of today from debilitating tomorrow?
At Week's End	<ul style="list-style-type: none"> • How did I perform during the week to achieve my goals? • What did I do well this week? • What did I do poorly this week? • What must I change (focus on) next week? • Are my life aids helping keep my goals top-of-mind and in my face? How might I use life aids differently? • What observations can I make with respect to my personal strategy? Does it seem to be working? Does cause and effect between the components of my personal strategy reflect expectations? What did I learn about cause and effect? • What did I learn about self, soul, and my personal strategy in moments of reflection this week? • How has reflection, 'stopping my life', benefited me this week? In what way did I improve my decision-making and/or conduct as a result of inserting 'pause' in my life?
At Month's End	<ul style="list-style-type: none"> • How did I perform during the month to achieve my goals? Sub-goals? • What did I do well this month? • What did I do poorly this month? • How effective is my personal strategy thus far? • What, if anything, must I change with my personal strategy based on past learnings? • Did any event occur during the month that requires changing my strategy? • How did my life aids help me stay focused on achieving my goals? • Do I need to refine existing life aids? • Do I need new life aids?

	<ul style="list-style-type: none"> • What did I learn about self, soul, and my personal strategy in moments of reflection this month? • How has reflection, 'stopping my life', benefited me this month? In what way did I improve my decision-making and/or conduct as a result of inserting 'pause' in my life?
At Year's End	<ul style="list-style-type: none"> • Did I achieve my personal mission this year? • What progress did I make this year towards realizing my personal vision? • What goal(s) did I achieve this year? • How effective was my personal strategy in helping me achieve my inner soul goals? • Have my inner soul goals changed? • Why have my goals changed? • Have new priorities surfaced in my life? • In what ways must I modify my personal strategy to achieve my goals more quickly, more effectively? • Have I increased the degree of personal alignment in my life? • Am I happier now than when the year began? If not, why not? Am I pursuing the 'right' inner soul goals? • In what ways have I grown personally? • What new life-enhancing capabilities did I develop/improve over the year? • What did I learn about self, soul, and my personal strategy in moments of reflection this year? • How has reflection, 'stopping my life', benefited me this year? In what way did I improve my decision-making and/or conduct as a result of inserting 'pause' in my life? • What have I learned about using a personal strategy to direct my life? • How will I leverage the learnings of the past year to improve my personal strategy for next year? • What must I focus on next year (commitments, sub-goals, activities, quality/amount of reflection, etc.) to realize better results than this year?