

# Self-Reflection Questions



Self-reflection is a very important practice that is closely connected to self-awareness. When you are aware of yourself, you are aware of your emotions, behaviours, and what can trigger them. Having this familiarity can help you address your emotions and behaviours so that you have control to positively move forward in the face of adversity. Self-awareness also means understanding and embracing your unique strengths and abilities. Overall, self-reflection supports us in developing self-awareness by provoking thoughts that encourage us to get to know ourselves and our thoughts on a deeper and personal level. Families have shared with us that being self-aware is a significant quality to have when being a parent or caregiver, as it allows you to provide the best possible support and care to your loved one.

There are tons of questions that you can ask yourself when you are wanting to take a self-reflection break. It really depends on the areas of your life or self that you want to get to know better and manage. Some of them can be addressed everyday, while others may be saved for when you are looking to dig deep into your feelings. It is important that you seek out the ways of reflection that will support you in bringing out the parts of yourself that you want to see/work on.

**Below are 10 self-reflection questions and prompts that you may use at your will.** It might be helpful to establish a journal to keep your reflective thoughts organized and easy to access. Pay close attention to any themes you notice as you answer these questions.



**Am I achieving the goals that I have set for myself?**



**When all is said and done, what will I have said more than I have done?**



**The words I would like to live by are....**



**In what areas have I made gains recently? What areas do I need to work on?**



**What matters most in my life?**



**Am I letting matters out of my control cause me stress?**



**Why do I matter?**



**What do I feel I need to change about myself and who would this benefit?**



**Who am I, really?**



**Am I holding onto something that I need to let go of?**



# References

- "87 Self-Reflection Questions for Introspection"  
<https://positivepsychology.com/introspection-self-reflection/>