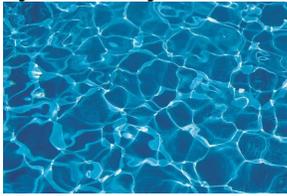


## The Art of Reflection

By Tim Cosby



Most of us are very accomplished doers, but less adept at being and reflecting. Reflection maximizes learning from what we do in life. Here are some questions to help you develop the art of reflection so that it becomes a powerful catalyst for change.

### Reflective Styles

- What kind of time and place are most conducive to reflection for you?
- Are you an extrovert reflector (talk things through out loud), or an introvert reflector (pondering, journaling or writing by yourself)?
- How have you intentionally built reflection or “thought time” into your life?
- What has worked the best for you in creating profitable reflection time?

### Reflection Questions

Here are some general “reflection-type” questions to help you get at the deeper issues in your life.

- What is behind that?
- What would it take for you to get to the bottom of that?
- If you could get the answer to one question, what would that question be?
- What is driving your responses?
- What internal or external pressures are you responding to?
- What do you want?
- What factors will influence your decision the most?
- Where are you going? Where will this decision lead you?
- What do you need to tune into? What is going on under the surface?
- What is your heart saying?
- What do you expect will happen? How are unspoken expectations influencing this situation?

### Following Your Emotions

All emotions contain information. We feel things for a reason. Emotions can tell us things that reason cannot. They provide a window into our heart. Emotions are true in the sense that they are accurate reflections of what we are feeling. However, they may not be based on the truth. Lies and unbelief can produce “real” emotions. The question is: what will we gain by being honest about our emotions, and what will we gain by following our emotions to their source? When we follow our emotions and pay attention to emotional cues, we are tuning into the kinds of things that will increase our level of insight. These kinds of questions will improve your ability to reflect.

- What emotions are you experiencing in this situation?
- What are your emotions saying?
- What values are being affected by these emotions?
- What messages are being generated by your emotions? Are they based on the truth? If not, what are the lies generating these emotions and what truths do you need to start believing?
- What truths, if you started believing them, would make the biggest difference in your situation?