

WEEK 1 REFLECTION

“In a dark place we find ourselves, and a little more knowledge lights our way” – Yoda

Why are you here? What do you want from life? Where do you want to go? How do you plan to get there? These are often the questions we ask ourselves as we face a New Year. We reflect upon the last year. Some of us take time to count our blessings and successes as well as failures. We assess what went well and identify where improvements can be made. We take inventory.

If you are about to start a daily journal the chances are you are seeking to change. That change may be specific to your relationships, career, health, or finances. You may be unhappy where your life is currently at and you want to make broad and sweeping changes. Perhaps things are generally going well but you want to do better in some or all areas of your life.

Self-reflection and introspection are a powerful act which can guide us on a path to enlightenment. The exercise is not meant to be self-absorption. We are not using it to think of ourselves only in a selfish or self-centered way. The goal is not to garner a spirit of self will or to blame others. Self-reflection is to realize our goals and understand where we are in relation to those goals. This leads to self-knowledge. With self-knowledge comes the freedom to change once we decide to act.

Take some time to reflect on your life. Consider the past year and go back as far as you want to. List your achievements for the last 12 months. Highlight your successes. Now do the same for the last 5 years and if you dare go back as far as a decade.

The milestones of your life may be anything you consider significant. It may include finishing school and university, academic achievements, career highlights, military or

community service, business achievements and financial growth. List the things that make you proud. Include your family milestones and relationships with partners, family, friends, and associates.

List all your key attributes that you feel describe you in a positive way. Words might include trustworthy, humble, funny, determined, intelligent, kind, considerate and compassionate.

Now list where things have not gone so well in your life. List the areas you regret, or wish could be improved. Inventory your faults to others as well as your flaws and failures. Be honest but do not self-deprecate yourself in the process. Confronting our mistakes and failures are essential if we want to move on and improve our lives.

List your character flaws and faults which you identify as negative or unproductive. These might be impatient, compulsive, obsessive, aggressive, resentful, demanding, inflexible, bigoted, and dishonest.

Take the time to meditate on this exercise. Self-reflection can be a confronting as well as a rewarding experience. Unless we know who, we are and come to terms with it, we cannot hope to move forward.

Self-reflection requires a lot of honesty and introspection. We must be completely honest with ourselves and realistic in the way we look at ourselves. A mirror must be held up and we must confront who we are and where we have come from. We must face the good with the bad to make the change we want to be. This can be hard but persevere we must.

DAY 1

“What will I find?” – Luke Skywalker

Today I am Grateful for:

Morning Contemplation

Evening Reflection

DAY 2

“Only what you take with you” – Yoda

Today I am Grateful for:

Morning Contemplation

Evening Reflection

DAY 3

“It’s a chance for you to make a fresh start.” – Mon Mothma

Today I am Grateful for:

Morning Contemplation

Evening Reflection

DAY 4

“Search your Feelings” – Luke Skywalker

Today I am Grateful for:

Morning Contemplation

Evening Reflection

DAY 5

“To be Jedi is to face the truth, and choose” – Yoda

Today I am Grateful for:

Morning Contemplation

Evening Reflection

DAY 6

“A Jedi uses the Force for knowledge and defense, never for attack” – Yoda

Today I am Grateful for:

Morning Contemplation

Evening Reflection

DAY 7

“Use your time. You’ll find one day that you have too little of it.” – Qui-Gon Jinn

Today I am Grateful for:

Morning Contemplation

Evening Reflection

WEEK REVIEW

Reflect on your daily practices and personal goals for the week.
How did you do? Where can you refocus your attention?

Meditation:

Physical Exercise:

Diplomacy:

Awareness:

Self-Discipline:
