

# 20-21 SELF REFLECTION EXERCISE

2020 had A lot of challenges that were out of our control! If you want a space to write out your experience from the last year - go for it! Get some tea, hot chocolate etc. and write it down.

One of the most wonderful parts of writing in a journal or blank page is knowing that no one is looking over your shoulder. It's just you. You aren't doing this to please anyone else... you are doing it for you and you alone. I encourage you to use your blank piece of paper to reflect on anything you need to. Try to focus on what you had control over. Keeping in mind- it's OKAY if situations that were outside of your control influenced choices you made within your control.

A couple of TIPS for this to be an effective exercise.

- 1.Be honest with yourself.
- 2.Be kind to yourself - do not attach a word, label or identity to yourself when you reflect on this past year (or any for that matter). This is not an exercise of self criticism, blame and judgement. When you reflect, just pay attention and notice it.. Like you would for a friend.
- 3.Don't blame or judge others for your choices.
- 4.Take moments to breath deeply if you feel frustrated about anything that comes up.

Take your time. No one is rushing you to complete this.

Now let's begin!

## THE QUESTIONS...

- 1.What did you enjoy about 2020 ?
- 2.What didn't you enjoy about 2020 ?
- 3.What were your biggest challenges socially and personally ?
- 4.What were you proud of ?
- 5.What were the most joyful moments ?
- 6.What were your biggest lessons from 2020 ?
- 7.What do you wish you did more of ? less of ?

**AWESOME SAUCE!**

**NOW GET A NEW BLANK PAGE :)**

# 2021

## THE EXERCISES



Based on your 2020 reflections - Answer some Questions for 2021

1. WHAT DO YOU HOPE FOR IN 2021 ?
2. WHAT DO YOU WISH WAS DIFFERENT FROM 2020 ?
3. WHAT ARE 3 GOALS YOU WOULD LIKE TO ACHIEVE IN 2021 ?  
A. 1 FOR SCHOOL. 1 MENTAL HEALTH. 1 FOR PHYSICAL HEALTH.



## MINDFULNESS & AWARENESS TOOLS THAT BOOST THE PROCESS

What is mindfulness and Awareness ?

Mindfulness is a skill that allows us to be aware of our thoughts, feelings, body sensations and surrounding environment without judging what we notice. By Judgement I mean labeling what we are aware of as good or bad - instead of as it is.

Example of Judging what we are aware of: My stomach hurts and that is bad.

Example of using mindfulness: I notice my stomach is tight every time I have to speak in front of people.

See the difference ? One wants to label an observation as good or bad while the other is stating an experience as it is.

## NOW YOU TRY !

Find a comfortable resting position. That can be sitting, standing or lying down. Okay, now close your eyes. good. Start to pay attention to your breathing. What's it feel like ? Is it really short and shallow ? Is it slow and steady ? Something else ? Just notice. GREAT! Now see if you can feel the temperature of the air around you, the sounds close by...are you scrunching your forehead ? What's your body doing ?

BOOM. not so hard right ? What you just did is practicing mindfulness! You can use this practice with anything. When you meet new people, when you are in class, when you are outside, when you are dancing, playing video games, riding a bike etc.

Let's say you use mindfulness more often this year... when you are setting goals for 2022 you will know more specifically what you felt like and noticed throughout the year :)

OKAY that's all I have for now - I hope this helps in setting your intention for this new year!



*Stay Awesome*

*Cassidy Richison*

