Care For You

Self-Reflection

By using journaling to practice self-reflection, you spend quality time with yourself and think about who you are, what you have accomplished, and what you need. Use the following prompts to practice self-reflection.

Exercise 1. If you had to sum up your life in ten words or less, which would you choose and why?			

Exercise 2. If you were to write an autobiography (the history of your life told by you), what would the title be? Title:						

"Friendship with oneself is all important, because without it one cannot be friends with anyone else in the world."

~ Eleanor Roosevelt, longest-serving 1st Lady of the United States