

Positive Reflection...

1.

Sometimes, when trying to move forward, we can forget to look back and reflect. Positive self-reflection is a tool that can be used to improve our self-awareness, memory and mind-set. It is a form of self-meditation. We have the power and choice to either view our experiences with a “**glass half FULL**” or “**glass half EMPTY**” mind-set.

A “**glass half FULL**” mind-set is all about finding the positives in a situation, rather than the negatives. There are positives in every circumstance but sometimes we have to work on changing our mind-set in order to see them.

2.

If you went for an interview, but didn't get the job, feelings of disappointment are normal, but you get to choose a “**glass half FULL**” mind-set. Maybe you gained experience, or maybe you discovered a confidence you didn't know you had!



Activity 1

3.

Now it's your turn! Have a think of any events in your life that have helped to shape who you are today, events that you previously viewed in a negative light. Let's practice a “**glass half FULL**” mind-set.

What positives can you take away instead? What did you learn about yourself that you didn't know before? Are you stronger? More resilient? Maybe you're happier now, as a result. Maybe you've gained some kind of life experience from the situation. Maybe you're able to better prioritize. You may have even gained a better outlook on life. Did you face a fear? Are you more self-confident or self-aware, as a result? Can you use your experiences help someone else who is going through a similar situation?

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Class half FULL

Class half FULL

Let's have a think...



Activity 1

Class half FULL

Class half FULL
