

Reflection Starters

Twenty-five questions for the moments worth thinking about. Use one at a time. Write three lines, not three pages.

After taking action

Right after a meeting, a presentation, a decision, a conversation that mattered.

- 1 What motivated me to act the way I did?
- 2 How did it feel to take that action?
- 3 What result did I hope for, and what actually happened?
- 4 What did I avoid doing, and why?
- 5 Who else was affected by this, and would they describe it the way I just did?

In moments of doubt

When you are stuck between doing it and not doing it.

- 6 What fear or belief is underneath this hesitation?
- 7 Have I faced something like this before, and what helped me then?
- 8 If I trusted myself fully, what would I do now?
- 9 What am I telling myself right now that I would not say out loud?
- 10 What is the smallest step I could take that I would not regret?

Reflecting on growth

Once a month, or at the end of a project.

- 11 What do I handle differently now than I did six months ago?
- 12 What is one thing I have outgrown?
- 13 Where do I already see signs of progress?
- 14 What feedback did I once resist that I now agree with?
- 15 What am I still doing out of habit rather than choice?

When facing feedback

In the hour after someone told you something you did not want to hear.

- 16 What part of this feedback feels true?
- 17 What is my first reaction, and what might be behind it?
- 18 How can this feedback help me grow?
- 19 What did the other person risk by telling me this?
- 20 What would I want to hear if I were in their position?

Before a challenge

The evening before, or ten minutes before you walk in.

- 21 What strengths can I bring into this moment?
- 22 What would it mean to show up fully here?
- 23 What do I want to learn, regardless of the outcome?
- 24 What am I assuming about the other people in the room?
- 25 How will I know afterwards whether this went well?

How to use these

One question per moment. Do not overthink it. You do not need long answers, just honest ones. Most people end up with four or five they keep coming back to.