



## Self-Reflection Exercises

There is great benefit in taking the mask of that we were and truly look at who or what we are. Without awareness of what is there, how can change begin. As Louise Hay was quoted. "You cannot clean the house if you can't see the dirt" How true is this. I would also say, it is difficult to see the valley if we are not on the mountain.

Taking time out to see both the highs, and lows of life, and who we act to be in the world of interactions is essential to see if we are being who would truly choose to be if we were aware!!

What I suggest with clients are a few things in sequence, outlined in this download for you to take away and reflect on. While any time is a good time, it is suggested taking regular ideally 5 minutes each day and hour once a week, half day a month, and a full day a half year. Considering how much that happens in a year, take a serious time out and be alone, or at least semi secluded and truly see how much you have evolved over the year that has gone.

The original sources of these ideas include Stephen Covey; Anthony Robbins, Deepak Chopra, Louise Hay, Several Self-Help books, that have blended in my mind over the years.

### Questions:

**What was the best bits from today?** (*There is always something, no matter how small.*)

**What made it good, and worth remembering?**

**What was something that did happen that you would rather have not happened?**

**What could you of done, felt, or said differently to help improve, or even prevent the situation form occurring?**

**If you pretend you were a person sitting in the balcony seat of the drama house, what did you see happening. Can you see all the characters in the scene and how they relate to each other? What is your role in the scene, and if you**



**were the director, what would of have changed in the script, actors or dynamics to make the scene more enjoyable?**

**You are the director of your next play. You have read the script from the previous year, and you want to make changes. Your role in this is to see all that happened, through as many character's eyes as possible. Then, when you get a sense of what you want to be improved or even removed, go ahead are re-write the script for the coming year. At some point, your main character (you) is to either be put into a coma or die and your visitors are to describe in detail how you want to be remembered by. What are the good things you did, your character traits you want to hear about, what charities or people did you help? Who turned up to speak and remember you?**

**Like Scrouge, you may find there are parts of yourself that are disturbing, if this is the case, there is hope. Invite in your higher self, or someone you consider wise or a super hero of yours, not your judge or critique.**

**See the situation playing out for what is. If you find this too disturbing, then ask your invited trusted friend to do it for you and ask them to describe it to you. Allow yourself to become curious about what, how and why things have happened. Ask your trusted friend these question, and listen or feel for the answer. Do you want it to be different, and if yes, how and why? Keep the scene playing on a loop, but each time there are two things different. This is important. At the end of each loop check in and get a sense of what or how it needs to be different. Who do you need to speak with and make amends?**

**What things or emotions do you need to heal or let go of so people are able to get to know the real you?**

**Who or where do you need to go to learn the skills and insights to find the hidden parts of yourself you want to come forward more?**

**Put as much detail in as possible.**

**You will know when it is right, it will feel lighter, happier and more peace. It may take some time, and there is no perfect. It could be that everyone leaves, and you have the stage to yourself for a bit. It could be that you are in a different place etc.**



Now for the fun part, you with your trusted friend get to re-write the script scenes to how you really want the future parts to be ...

A few hints. Consider the time frame you are working on, it could be the next meeting, day, week, month, or year. Break the time into segments to include the major acts you really want to happen. Describe these scenes with as much possible – location, people involved, the feeling or message you want to convey through the scene. Map two or more possible outcomes and decide which one you would choose, if all goes to plan.

Next fill in the smaller celebrations, wins, hopes and aspirations, that fit in and around the bigger events. It could be the new shoes, going to an event you have wanted for ages that are needed to help bring the big event to life. A simple scene could be to complete an action you have been putting off; sorting through the cupboards and remove the things that you don't or won't use any more. Figure out if you are going to bin it, recycle or gift it. Then, go ahead and do it.

Is there a new course, skill or adventure that needs to be taken to achieve the script's plot to make it realistic and authentic?

Now, check in with your trusted friend, is it as close to right for you, for now? Remember, just like all scripts, they are edited, and parts are re-written on the fly as things develop and it makes sense to make changes to reflect the mood or situations as they arise in the product. This also shows as the director and screen writer, you have the skills required to create a true master piece.

Like all good actors, they read their script intensely and frequently to ensure they now their part. This is also the time when tweaking can occur to fine tune the scenes as they literally play out in real life.

If at any time you feel the emotions and reactions prompted by these activities are too great, get help. Seek a counsellor, lifeline a trusted friend who is outside of the situation, and is unbiased. Reach out and help yourself to heal as these things have asked to be looked at so you can come home to the real you.