

A Framework for Reflection

Use this framework as a guide to reflecting on any important topic in your life. To begin, simply fill in the blank with a specific topic and answer the questions.

Go as deep as you'd like with the answers to these ten questions. The aim is for the questions to guide you in thinking about the topic from various vantage points. By the end, you are likely to walk away with new insights on the factors that have shaped your personal views and whether those views are fixed or movable.

Reflecting on _____

1. Look up the dictionary definition of _____. Write it down.

2. How do you define _____?

3. What does _____ look like in your life?

4. How would you explain _____ in 2020 to a 5-year-old?

5. How would you explain _____ in 2020 to a 90-year-old?

6. To whom do you look for guidance on your views of _____?

7. Whom do you not respect for guidance on your views of _____?

8. Revisit your answer to question two. Is there anything you would change about your definition?

9. What do you want _____ to look like in your life?

10. Now that you've articulated your thoughts on _____, do you want to share your thoughts with others? Why or why not?
