

Independent Living Prog	gram Activity Card	Category:	LOOKING FORWARD		
Activity:	Self-Reflection	on Paragraph			
think at What h better ii	The objective of this assignment is to: Take a moment to stop and think about the way your life is going. Ask yourself what goals you have. What have you achieved this week, month, or year. What could you better improve on? How did you feel overall today? Write down your reflection below and turn in for credit.				
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Total Dollars Earned:	\$	Notes:	Goal:		
	(ILP Use Only)		None		
Date:					
Youth Signature	Date o	f Birth	Receipt		
Print Name (Youth)	Group	Home (If Applicable)	(ILP Use Only)		



Self-Reflection

When was the last time you took a moment to reflect on your life? Maybe it was at the end of December when you were getting ready to welcome the New Year, or the days leading up to your birthday. Other than that, there aren't many times when we might feel compelled to spend time in self-reflection.

The truth is that many of us are so busy trying to move forward with our lives that we rarely take a moment to slow down and be one with our thoughts. Plus, we often don't recognize the importance of self-reflection and the impact it can have on our lives.

Self-reflection is the process of bringing your attention to what's happening in your life in a mindful and open-minded way. When we reflect on our lives it helps us have better relationships, greater sense of self, help us have stronger decision making skills and many more.

Self-reflection is all about creating self-awareness. So many of us focus on getting ahead that we don't necessarily take time to reflect on what's going on within us.

In this assignment, take a moment to stop and think about the way your life is going. Ask yourself what goals you have. What have you achieved this week, month, or year. What could you better improve on? How did you feel overall today? Write down your reflection below and turn in for credit.

Remember that if you have feelings of depression or anxiety, it's always best to speak with someone. The Mental Health Association of Orange County is here to help, (714)547-7559 1971 E 4th Street, Ste 130A, Santa Ana, Ca 92705 <u>www.mhaoc.org</u>.