

to look back / to look forward

As we start winter term, take the time to reflect on where you have been and how you would like to continue your journey at Dartmouth & beyond!

why self reflect?

boosts emotional intelligence - by neutrally looking at ourselves, we become more self-aware and can start to regulate our thoughts, feelings, emotions & actions more wisely.

builds confidence - reflecting on successes allows us to recognize "I can do it!"

clarifies values + goals - reviewing past terms helps us to recognize if and when we veered off our path, and how to get back on track.

grab a journal and try this

- 1 - take a moment to intentionally pause and be still for a few breaths
- 2 - reflect on your last couple of months with kind curiosity, taking it all in; the good, the bad, & the ugly
- 3 - as you observe where you have been and contemplate how you would like to move forward, ask yourself these three questions:
 - this term, I will let go of...
 - this term, I will embrace...
 - this term, I will focus on...
- 4 - as you're ready, mindfully continue with your day with these intentions in mind. Better yet, jot them down and revisit them on the daily.
- 5 - try this simple reflection practice every morning for a week to help keep you committed to what's most important to YOU.

purposeful practice

want to go deeper with this SSJ theme?

drop-in to our free yoga & meditation classes each week for inspiration, community, & encouragement for positive action:

yoga for stress relief

monday, 4-5pm, collis 101
all levels welcome!
pose of the month: seated twist

midday mindfulness meditation

friday, 12-12:30pm, robo 322
cheese and fruit provided

inner critic rearing its head?

when we observe/have/remember our past experiences, we can be hard & judgmental on ourselves. if you notice that happening, first:

observe your thoughts - comparing yourself to others? believing that you're not enough? gently remind yourself that thoughts are not facts.

have self-compassion - try to view this practice as a way to learn more about yourself and to identify the direction you want to go towards. Awareness is the first step! not facts.

remember - the intent of this practice is to neutrally and compassionately acknowledge what's happening in your life, while also recognizing what positive changes you would like to make.

content sourced from:

<http://www.ngenperformance.com/blog/leadership-2/the-value-of-self-reflection>

https://www.hbs.edu/faculty/Publication%20Files/14-093_defe8327-eeb6-40c3-aafe-26194181cfd2.pdf

The Stall Street Journal | Student Wellness Center

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