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?**

- **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.

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**Content sourced from:**

https://www.tbs.edu/faculty/Publication%20Files/14-0603_dele/0322-606-400-0-safe-20194181122.pdf

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