**What is reflection?**
- Reflection is a critical part of leadership and involves emotion and thinking.
- It is the mental ability to think about who you are and consciously recognize this in group settings.
- It is a response to people, situations, and events.
- Can lead to discovery of beliefs and values that guide you as a leader.
- It is not entirely description, but rather meditation and thought, also known as reflective thinking.
- Can be used to reflect on your role or the success of your group, but can also be used for the Jesuit Value: Self-Awareness.

**How is reflection used?**
- Often used after an event or time in which a leader needs to think about how something went.
- Use the five steps to reflect on your role, a situation, or an event:
  - **Select:** What needs to be addressed?
  - **Describe:** Who? What? When? Where?
  - **Analyze:** Why? How?
  - **Appraise:** Determine the impact. Where goals reached?
  - **Transform:** What can be done better the next time?
- Used for personal growth and finding of oneself.
- Uses questions such as:
  - Who are you?
  - What is your calling?
  - What your values?
  - What your beliefs?

**Now how do I use reflection?**
- Use this within the groups you lead to reflect on the work you have done.
- Maybe you have reached a goal and want your group to think about the successes and challenges.
- Guide your group to think about different aspects and then use their reflection to start a discussion.
- In using it for self-awareness, find different ways to reflect.
- Use techniques and a quiet place to take time to think and ask yourself a few questions.
- There are a variety of ways: guided meditation, self thinking, and journal writing.

**What do I never do in reflection?**
- Don’t be afraid to be honest with yourself.
- Don’t be afraid to improve self-reflection.
- Never expect results without practicing mindfulness.