



## Questions For Reflection

From Jones Loflin



*My favorite way to describe this time for yourself is that you are engaged in sacred idleness.*

*What three people, outside your family, do you most appreciate for being in your life?*

Deep thinking is so important to assess how well you're thriving and what changes you might want to make going forward. To make the most of your reflection time I encourage you to do 3 things:

- Set aside 30 minutes. Use a timer to let yourself get lost in your thoughts and not have to worry when time is up.
- Choose 5-7 questions. Don't try to write all your thoughts down. Let your mind wander.
- Find a neutral location. Somewhere in nature where you are less likely to be mentally interrupted by something you see or hear. That includes disconnecting from all technology for this time.

### Potential Questions

- Is your mind most often on your past, your present, or your future?
- If you were given the chance to say something to the entire world, what would you say? How are you saying it now?
- What three people, outside your family, do you most appreciate for being in your life?
- What are five things that intimidate you?
- Rank the following types of health in your life from strongest to weakest: physical, emotional, financial, mental and spiritual.
- What are two things in your life you want to fix, but you just don't have any control over the situation at the moment?
- What are five of the most important lessons you have learned in your lifetime?
- What would be a quote that people would say they attribute to you?
- What are 2-3 things that give you strength every day?
- How are you making the world a better place?



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Page 2



*Think left and  
think right and  
think low and  
think high. Oh,  
the thinks you  
can think up if  
only you will try.*

*-Dr. Seuss*

- What was the most difficult decision you ever made? What principles did you use to guide your decision-making process?
- What is the highlight of a normal day for you?
- What are some things that have never changed about you in your life journey?
- What are you thankful for?
- What is the most important thing you want to complete right now?
- What do you need to let go of?
- Where do you have unrealistic expectations of yourself?
- Where do you feel stuck or held back?
- What values are you neglecting in your life right now?
- What values are you honoring in your life right now?

*If you have questions you like to pose to yourself, I'd love to hear them. Just email me at [jones@jonesloflin.com](mailto:jones@jonesloflin.com)*