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SELF REFLECTION IS THE KEY TO SUCCESS

Nardia Norman recommends reflection before resolution, for success in 2015.

The year is almost over, and as the hustle and busyness of the Christmas period takes over we often tend to catapult ourselves into the new year.

With a belly full of food and wine, and our body recovering from indulgence during the silly season, we start thinking about our resolutions for the new year, and promise ourselves that 'this year is going to be different!' – but will it?

With such a focus on the year to come, we very sometimes forget to stop and reflect on the 'year that was'. But reflection plays a vital role when it comes to self-awareness and our personal and professional growth.

Self-reflection is the practice of introspection, and it allows us the opportunity to assess our actions and behaviours and compare them to our core values, beliefs, thoughts and feelings. By being more self-aware we are able to better navigate our life, enabling us to choose the people, jobs and environment that leaving us feeling fulfilled, happy, content and thriving.

It is such a powerful skill to have, yet for many of us taking the time to stop and simply 'be' with our own thoughts and feelings, is way down on the priority list.

By *not* making the time to reflect we are choosing *not* to take the time to invest in our self. We are choosing to remain the same, despite feeling dissatisfied, unfulfilled and 'surviving' instead of thriving.

So before you go flying into the new year with great intentions of setting resolutions, take the time to think about what has happened THIS year. When you understand what you have done and how you have behaved this year, you will be in a better position to set more meaningful and action-based, long-term goals to achieve next year.

I have been doing yearly reviews for as long as I can remember, and the practice has certainly helped shape the person that I have become.

If you want to make 2015 your best year ever, the one where you *actually* make changes and follow through on your desires and goals, then start right now, by getting to know yourself.

Sit down with a glass of wine (optional), a journal and write, write, write! There is no right or wrong way to do it, simply allow your thoughts to flow onto the paper.

10 Self-Reflection Questions

To help you set better, more realistic goals for 2015, ask yourself the following

questions. No one else needs to read your answers (unless you want them to), so be sure to answer honestly and openly.

1. What were my best achievements this year (these do not necessarily need to be big, grand achievements – consider the little things too).
2. How did those achievements make me feel?
3. What were my three biggest challenges or obstacles I faced this year? How did I overcome them? How did I change, as a result?
4. What am I truly grateful for this year?
5. How have I developed or changed as a person?
6. What have I done differently this year? What new people have I met or new experiences have I had?
7. How much fun did I have this year? Did I follow my passion?
8. Who has helped me, been influential or significantly impacted my life this year?
9. What am I really proud of?
10. Is everything I have done this year in alignment with my big dream or goal? **OH!**

