



The one habit that can make all the difference ~ Reflection

1 Dec 2014

There is one thing that successful people who are remembered decades, and even centuries after their death do, that they claim accounts for much of their success. They reflect. At the end of the day, at the end of the week, at the end of the month, and at the end of the year, they reflect on what was. Most of what we do day in and day out is habit. And lots of it is dictated by others - our employers, our spouses, our children, our relatives, SARS, service providers, etc. So it is easy to get into a rut of doing the same thing day in and day out, and then after many years have passed, or we hit some big change or crisis in our lives, we wonder what we have been doing over the years. And we wonder whether we really like all that we have been doing over the years anyway. Have we been on a treadmill doing everyone else's biddings? Have we been putting some time into our dreams and doing what we want?

The type of reflecting you will do at the end of each day will differ from what you do at the end of the year or at the end of the project, but both have their place. If you have a coach or mentor, often they will recommend that you reflect, even just for a few minutes, at the end of the day.

- *What did I do well today?*
- *Where did I not do well?*
- *What lessons did I learn?*
- *Where am I not taking responsibility for something I should be taking responsibility for?*
- *What can I do differently tomorrow?*

You can use these questions or come up with your own. What reflection does is get you to think about what you are doing, as opposed to going blindly through the day on autopilot.

As it is the end of the year, let us have a look at some relevant life aspects to reflect on.

1. **What are my successes?** For many people, what sticks most in their mind is failures. If you focus on failure over and over again that is what you will get more of. Look at your mistakes once, learn what to do differently, and move on. Repeatedly focusing on failure robs you of confidence. Some people even keep a success journal and write down successes every day.

2. **What new skills and experience have I learned over the year?** Are there other skills and experience I could acquire in the coming year that would really move me in the direction I want to move?
3. **What lessons have I learned?** Now you will learn lessons from everything. Any effort that you put forward will transform you - will result in growth. As long as you are trying something, you are moving forward. The only failure is to do nothing. If you put in effort and it doesn't work out, you still know more and have more experience than if you never tried it in the first place.
4. **What did I contribute** - to my family, my workplace, my community, my friends, etc? And what did I get from others? Where did others contribute to my life?
5. **What have I not done yet that I will regret not doing in the future?** When am I going to do it? Will I make a commitment to myself that I will start this project?
6. **What (or who) do I need to let go of, and what (who) do I need to add to my life?**



At the end of the year almost everyone can find the time to reflect. And actually, being busy during the year means there is even more reason to find the time to reflect regularly. If you are so busy you claim there is no time to reflect, then you really do need to make some time for it.

"The unexamined life is not worth living for a human being." ~ Socrates

Then after you have reflected you can think about your goals and objectives for the year ahead.

It is hard to believe that it is already the end of year. However it has arrived. Have a wonderful December, rest and relax if this is your time of the year to do that, and get ready for 2015.