Class-04082020

List of items discuss over the pass week?

Reflection:

consideration of some subject matter, idea, or purpose

To think back on what was said or done and re-review your thoughts

Why do we do this? Benefits to learning? When do we do this?

Using Reflection to Improve Your Life

1 **Assess your core values.** Your core values are the values and beliefs that ultimately shape every other aspect of your life. Reflecting on your core values can help give you a better sense of who you are as a person, and what you've worked toward your whole life. The easiest way to access and evaluate your core values is by reflecting on the question, "What is your most important trait/characteristic as a person?"[7] This can help you cut through issues of self-esteem or self-doubt and get at what motivates you on a basic human level.

- If you're not sure which values are your *core* values, think about how someone who knows you intimately (a child, a parent, or a partner) would describe you in a few words to others. Would they say that you are generous? Selfless? Honest? In this example, generosity, selflessness, and honesty might be some of your core values.

- Assess whether you remain true to your core values in moments of hardship. Being in touch with your core values means always staying true to who you are and what you value as a person

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2 Analyze your goals. Some people may not think about reflection when thinking about goals, but studies show that reflection is an important component of any goal-oriented pursuit.[10] It can be easy for a person to get caught up in day-to-day habits and routines without ever taking the time to assess the work we have been putting in to attain

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our goals. But without that assessment and evaluation many people get off-track or stop pursuing the goal altogether.[11]

- Reflection is a critical part of goal pursuits precisely because many people become motivated by realizing they aren't meeting their goals. Rather than letting such a realization make you feel apathetic, it may be beneficial to change your approach to failure. Instead of feeling helpless, push yourself to prove that you can accomplish your goals.[12]

- If you're having trouble meeting your goals, consider re-thinking your goals. Research suggests that the most successful goals are S.M.A.R.T. goals: Specific, Measurable, Achievable, Results-focused, and Time-bound.[13] Just be sure that any goal plan you develop includes a healthy component of reflection and self-assessment.

Change the way you think. Reflection can be an invaluable tool in changing a person's thought patterns and responses to situations. Many people lapse into "auto-pilot," our day-to-day way of dealing with people, places, and situations. However, without frequent reflection and evaluation of the way we respond to these external stimuli, it can be easy to fall into patterns of behavior that are unproductive or even damaging. Reflection can help you actively assess your situation and reappraise it to feel more positive and in control.

- Stressful or otherwise difficult situations are often the most difficult to feel positive about. However, many difficult situations will ultimately benefit us.

- Instead of feeling anxious or upset about uncontrollable situations - like having to undergo a dental procedure, for example - reframe your perception of the situation to reflect on the positive changes that will result from that procedure. In this scenario, the procedure will be a temporary inconvenience, and you will come away with a better smile, less pain, and a clean bill of health.

Analyze experiences. You will have so many experiences every day that over the course of a lifetime it may be difficult to take stock of what they all meant. If you take the time to reflect each day on what a given experience meant right after it happened, however, it can be easier to process the event and your reaction to it.[14]

- Think about your reaction to the experience. How do you feel the experience went? Does that match how you anticipated the experience might go? Why or why not?

- Did you learn anything from the experience? Is there anything you can take away from the experience that will help you better understand yourself, other people, or the world around you?

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- Does the experience you had affect the way you think or feel? Why, and in what way?
- What can you learn about yourself from the experience and the way you reacted to it?

Evaluate your relationships with others. Some people find it difficult to question why they are friends with certain people, or what those friendships/relationships mean. However, it's vital to reflect on your relationships with others from time to time.[19] In fact, some studies suggest that reflecting on former relationships can even be helpful by aiding your ability to overcome the loss of that relationship and learning where things may have gone wrong.[20]

- Keep track of the way people in your life make you feel. This can include people currently in your life, or people you've had to cut out of your life for any reason. Write these observations down in a journal or diary to help process those observations and learn from them as you develop future relationships.[21]

- As you reflect on your relationships, assess whether or not a given relationship with a friend or partner is actually a healthy one. For example, you may want to ask yourself whether you trust your partner, are honest with each other, understand one another, use respectful language and behavior towards one another, and are both willing to compromise on issues that cause disputes.[22]

Discussion of our Assignment: The 4 Girls vs the 4 Boys

What are the unique characteristics of each girl and what is the one question they each ask at the Seder

AS AN EXAMPLE. A girls that is a leader Greta Thunberg
Why on this night does my generation take responsibility for solving the climate problem,

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