

HEALTH

Education

The Importance of Reflection and Self-Evaluation

“The trouble with not having a goal is that you can spend your life running up and down the field and never score.”
– Bill Copeland, writer and poet

The importance of goal setting should never be underestimated. Goals have the ability to propel you forward, transform insurmountable mountains into walkable hills, help you believe in yourself, hold you accountable for both triumphs and failures, and help you prioritize what is important in life. Creating personal goals, career-oriented goals, and health-related goals can help you become the best version of yourself. What’s not to love about goal setting? Unfortunately, setting goals is not the only phase in this process. Two vital elements that are often overlooked in the goal setting process are reflection and self-evaluation.

“We cannot reach our destinations without knowledge of our current location on the map.”
– Allen McConnell, psychologist

Reflection is defined as the ability to experience and feel emotions that are necessary to the process of growth. Reflection is critical for self-improvement and behavioral change. Goals often diminish as fast as they are created, because individuals lack self-awareness. For instance, how many of those New Year’s Resolutions are you realistically still working on? Did you give it a try in the beginning and then allow the goal or resolution to collect dust on the shelf with several others? Or have you been actively working on achieving the goals you created at the beginning of the year? Either way, take some time to reflect on the year!



A few questions to ask yourself throughout the process are:

- Are my goals still S.M.A.R.T.? (smart, measurable, attainable, realistic, timely)
- What small and large victories have I experienced lately?
- What has propelled me recently and what has hindered me recently?
- Am I making excuses or taking ownership of my progress?

Changes in life require three essentials: a goal, an awareness, and a reflection. Making a goal is easy, but having the awareness to assess the inconsistencies of a goal is what allows you to develop means to achieve your individual milestones. The reflection phase will look and feel different for everyone. What works for one person might not work for another, but it is important to recognize that self-reflection gives the brain an opportunity to pause amidst the chaos of life to allow for a “status report”. Without this type of reflection, you may become disconnected from yourselves and lose sight of your vision and purpose. As a result, it is important to take the time to reflect and assess yourself and your progress. This may not be the most comfortable situation, but being 100 percent honest with yourself will be extremely beneficial for the upcoming year.

Reference:

www.psychologytoday.com/blog/the-social-self/201009/reflection-critical-self-improvement



From Corporate Fitness Works Team Leader, Ali Heck