

## The Power of Self-Reflection:

### 5 questions to ask yourself as you look toward the New Year

As 2016 comes to a close, we begin to look at a “New Year’s Resolutions”. What are we going to change or do differently in the coming year? Self-Reflection is an important facet of the growth and change process. Lack of self-reflection can cause us to seem lost or without a purpose. Here are 5 helpful questions we each ought to ask ourselves on a frequent basis. The power of self-reflection can serve to keep you in check and focused on self-improvement and ensure that you are as fulfilled as possible.

**1. Am I taking anything for granted?** There are countless blessings around each of us. We ought to take a moment every now and again to look at what we have around us and be grateful.

**2. Am I living true to myself?** This may take years to fully discover, with many mistakes along the way, but it doesn’t mean we shouldn’t try. Figure out what you’re doing and why you’re doing it. If you’re doing something that will cause you regret down the road, stop, and start to work yourself away from it.

**3. Am I putting enough effort into my relationships?** Over time, we can begin to take our relationships for granted. In consequence, this requires constant effort to allow the relationships to grow. If you don’t want to find yourself losing various individuals in your life, make sure that you’re dedicated towards maintaining your valued relationships.

**4. Am I taking care of myself physically?** Our physical well-being can be put on the back burner if we’re not aware. Keep an idea of where you want to be physically in the next few years and don’t let that image slip away from you or what it takes to fulfill that.

**5. Am I achieving the goals that I’ve set for myself?** This question is necessary to consider on a frequent basis. We all have a general vision of where we want to be in 5 or 10 years, but it’s a very obscure glimpse based around general accomplishments. It’s helpful to examine the visions of our future selves in close detail and break down everything that must be done in order to achieve them. Don’t solely focus on the *where* and *what*—account for the *how*. If you struggle with any of these questions, consider scheduling an appointment with the EAP to help explore these 5 questions further.

**Self-reflection is a humbling process. It's essential to find out why you think, say, and do certain things... then better yourself.**

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<http://www.lifehack.org/articles/communication/the-power-self-reflection-ten-questions-you-should-ask-yourself.html>

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