



# 5 REASONS WHY YOU SHOULD PAUSE AND REFLECT

## IT'S ESSENTIAL TO LEARNING

Take time to really think about last year: the accomplishments, the setbacks, the happy moments, and the challenges. Reflection is one of the best tools for self-improvement.

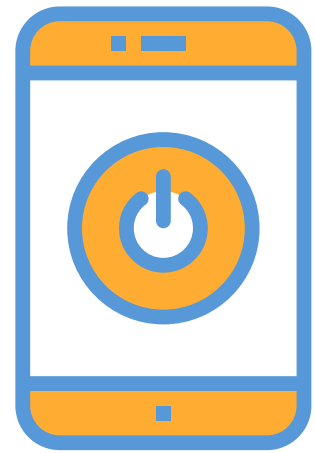


## IT ALLOWS YOU TO LEARN MORE ABOUT YOURSELF

Reflection can help you to develop your sense of self, and what your true interests are, by allowing you to reflect and learning more about yourself without others' influence.

## IT LETS YOU REBOOT

“Constantly being ‘on’ doesn't give your brain a chance to rest and replenish itself. Reflection gives you the chance to clear your mind, focus, and think more clearly.



## IT SAVES YOU TIME

People who use reflection journals to think about what they have learned enhances productivity. It makes you more efficient because you are more involved in the process of learning and gain a deeper understanding of your new skills.

## IT ALLOWS YOU TO PLAN

Take a second and review how you invested your time. Instead, you need time to yourself to plan out your goals, focus on your dreams, and track your progress.

