

DAILY REFLECTION



This **DAILY REFLECTION** is based on a centuries-old method of prayerful discernment and provides a purposeful and well-structured method of reflection for children and adults.

It is effective for children as it can be easily remembered (through 5 short words) and then, increasingly, used independently for self-reflection. The 5 words have been carefully chosen to offer a scaffolded journey of self-reflection. Its deeper purpose is as follows:

- 1) **Be Grateful:** We know from numerous and highly-regarded psychologists (including Dr Martin Seligman) that feeling and showing gratitude can have a physiological benefit to our wellbeing. Showing gratitude boosts dopamine and serotonin in our brain which improve our mood almost immediately, and give us feelings of pleasure and happiness. We can also see gratitude as the complementary half of generosity: the two are closely linked and support each other with feelings of gratitude very often resulting in an increase in generosity.
- 2) **Look Carefully:** Imagine you are watching a video playback of your day; is there anything particular that you notice? Something that you might have missed at the time but now you have time to reflect, seems more significant? Remain with that thought for a while and see if you can see it from different perspectives, including someone else's perspective. The ability to show empathy is hugely important for children to develop: it does not develop necessarily on its own.
- 3) **Remember:** Try and remember how you felt at the time, what drove you to act in the way you did, can you remember how other people acted or responded at the time? Memory is crucial to our ability to reflect meaningfully: the passage of time can often distort our memories and enable them to be more compatible with our own prejudices. The importance of our being truthful in our reflections is, again, an enormously important part of our sense of identity.
- 4) **A Way Forward:** Has a light bulb come on? If you were to re-live that moment or a similar event in the future, are there any small changes you would make, even tiny changes? This is an important step as often, it can move a child or adult from a position of victim into a more confident and assertive mindset: one in which they can begin to control the narrative.
- 5) **Action/Commitment:** All of the above takes a sense of resolve and commitment. In this step it is important to visualize the action/s one is committed to taking,