



# The Power of Self-Reflection, Mindful Social Media Practices and Living a Visionary Life

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Objective: This learning exercise will explore the topics of self-reflection and the cognitive dissonance that can exist between one's viewpoint of themselves and how they are perceived by others. By understanding themselves better and how they are perceived, youth can learn how to live a more authentic life where their intentions are well-received. This exercise utilizes the practice of self-reflection in order to guide the youth on how to better their social media presence and live a visionary life.



# Self Reflection



## What is Self Reflection?

Benefits of self reflection:

- Enables you to evaluate your experiences  
Having clear core values allows you to strengthen your integrity and also help you make better decisions
- Understand how you think  
This helps build on the two components to emotional intelligence: self-awareness and self-regulation
- Helps you learn from your mistakes  
By learning from mistakes you become able to control and redirect disruptive emotions and get use to changing circumstances.
- Repeat your successes  
Reflecting on your strengths allows you to build up confidence for your future
- Revise and plan  
Taking time to go over your decisions and actions in the past and comparing and contrasting your core values is critical to act with integrity.<sup>1</sup>

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1. <http://v/blog/leadership-2/the-value-of-self-reflection>