

The Art Of Self-Reflection Cheatsheet

This cheatsheet serves as a quick summary of all the most important ideas around self-reflection to help you gain a deeper clarity into your life, what drives you and where you're headed. It's designed to be a document you can refer back to whenever you feel the need.

We've broken the article down into 4 main lessons:

1. Decide to be happy more often
2. Discover your unique genius
3. Look back at past successes & failures
4. Take your life off autopilot

1. Decide To Be More Happy More Often

While most of us live under the impression that happiness is the result of a great life, the reality is that it's a simple choice. And can be achieved systematically by paying more attention to the way we feel daily and actively creating more positive interactions.

Further reading:

- Dr. Alice Boyes' post on the [positivity ratio](#) (balancing every negative thought with 3 positive ones) and her positivity assessment to help you assess your thoughts at the end of each day.
- Jon Gordons' post on the [power of positive interactions](#) and the impact it can have on your happiness levels.

2. Discover Your Unique Genius

Too many of us spend our days doing things we don't enjoy at jobs we don't find fulfilling. One of the main reasons people are interested in self-reflection, is **to understand what they can do that nobody else can**. Fortunately, there are many processes and frameworks for understanding your unique genius.

Murray Kilgour suggests that your genius lies at the intersection of your talents and your passions.

Ask yourself:

- What am I great at doing? (comes naturally to me)
- What do I love doing? (makes me feel rejuvenated while I'm doing it)

Andy Drish has put together a great worksheet for finding your genius which you can access directly [here](#). The process follow a 3 phases approach:

3. Look Back At Past Successes And Failures

Objectively exploring the pivotal moments in your life, what led up to them, and how your actions affected these situations is one of the most effective ways to gain a deeper understanding of who you are. It's foundational to the self-reflection process and vital in preparing you to handle your future.

Ask yourself:

- What are 3 of my life's biggest wins?
- What are 3 of my life's biggest failures?
- How were my thoughts, feelings and actions different in each of these situations?

Failure shows us that we're pushing our boundaries, that we're stretching past what we know we can do to achieve something more. Erik Kim was one of the first people to talk about the idea of [failing forward](#), how failure enables and is often a direct path to success.

4. Take Your Life Off Autopilot

Habits form naturally over time as we repeat the same routines every day. But very few of us take the time to plan our routines and actively take part in creating healthy, positive rituals that serve us and the lives we want.

Ask yourself the following questions:

1. What motivates me, makes me push through obstacles?
2. Where do I look for and find personal inspiration?
3. What is truly important to me? Is it money? Creativity? Feeling useful in the world?
4. What excites me most about my life?
5. What inspires me?

Once you've answered these questions, you're ready to move on to the most important question of all:

6. How much daily time and energy do I dedicate to the things I've mentioned above?

Listen to [this podcast](#) on The Science of Success on how to get your life off autopilot and into a deeper understanding of reality.

5. Checklist

HAPPINESS

Completed my [Positivity Self Test](#) today

Went out of my way to create positive interactions with the people around me

GENIUS

Listed 10 things I naturally do well

Listed 10 things I love doing

Completed [Andy Drish's worksheet](#)

REFLECTING ON THE PAST

Listed 3 of my life's biggest wins

Listed 3 of my life's greatest failures

Written at least a paragraph on how my thoughts, feelings and actions were different in each of these situations

GETTING OFF AUTOPILOT

Listened to [this podcast](#) on The Science of Success

Listed 10 things that motivate me

Listed 10 things that are truly important to me

Listed 10 things that excite me most about my life

Listed 10 things that inspire me

Taken a log of how much daily time and energy I dedicate to the things I've mentioned above