

Time spent in
self-reflection
is never wasted.
It is an
intimate **date**
with
yourself.

Reflection.

Looking back so
that the **view**
looking forward is
even **clearer.**

The way we
experience the
world **around us**
is a direct
reflection of the
world **within us.**

Gabrielle Bernstein

Reflective
thinking
turns
experience
into **insight.**

**Compare
less.**

**Reflect
more.**

Self-reflection
is the school
of
WisDOM.

Baltasar Gracian

We do not learn
from experience...
we learn from
reflecting
on experience.

John Dewey

In the **depth** of
winter, I finally
learned there
was in me an
invincible
summer.

Albert Camus

Honest self-
understanding
liberates us
from our stuck
emotions.

C. Terry Warner