

Reflection and Meditation

By

Syeda Henna Babar Ali

Reflection & Meditation

- Reflection:
- Take time out for yourself everyday
- It is important to have down time
- It is vital to have quiet time
- Time away from everyone including all cell phones and laptops, TV other distractions
- What do you need to do?

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- A quiet place in your home/ office/ college
- Perhaps the library or an empty classroom
- Think about what happened in the day
- How was it?
- Keep a Journal
- Write it down
- Analyze then what happened and why?
- Could the negative actions or events be avoided?

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- What can you do to stay positive?
- What is your learning about yourself?
- What can you do to avoid making the same mistakes over and over again.
- When you do the same thing the results will also be the same.
- To get different results, change the course of action.

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- Change in action requires change in behavior
- Change in behavior may require changing a habit or more than one habit.
- To institute change write down the steps you need to take to make it a routine.
- It takes 66 days to perfect a habit and rewire the neurons in the brain.
- It takes effort and continuous persistence.

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- Change is incremental at first
- Change is hard at first
- Change is messy in the middle
- Change delivers results when you persist till the finish line.
- Achievement creates the wow factor.
- Please don't be hard on yourself or over critical.

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- Give yourself space to change
- Give yourself time to change
- Be KIND to yourself before you can be kind to others.
- Be considerate to yourself
- Love yourself
- Have compassion for yourself

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- Meditation:
- Learn to clear your mind of all thoughts
- Choose a subject you want to meditate about
- Think positive thoughts
- Sit still
- Be quiet
- Stay Calm

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- Some meditate while praying
- Some meditate doing Yoga
- Do what works best for you
- Give yourself 20 minutes everyday to meditate
- To get results meditate daily or at least 2 a day.
- Meditation and reflection reduce stress

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- In today's world we are so busy being busy
- So busy doing stuff that we forget to reflect and meditate
- Reflection and Meditation is your time
- Create time for yourself
- Create time to care for yourself so that you may excel at what you want to do during each day.

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- Life is a gift
- Enjoy life
- You will only live once
- Give life your best
- Live each day to your optimum potential
- Reflection and Meditation also enable you to shed negative thoughts

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- Ask yourself why do you have negative thoughts?
- Negativity is easy
- When you act as victim you feel sorry for yourself and indulge in self pity blame others for what happens to you and in your life
- Take responsibility for action or inaction
- Have the courage to face yourself

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- See what you like in yourself
- See what you want to change about your behavior and why
- Be yourself because everyone else is taken.
- You are unique
- You are different
- You are special
- Develop yourself
- Have an open mind towards learning so that you can grow and be what you want to be and that too will change and evolve through time.

Reflection & Meditation

- Are tools to enable you to understand who you are, what you are and why
- Tools to enable you to write your life plan and become what you want to be.