

Depth Reflection Tip Sheet

Practices for Transformational Community



Depth Reflection isn't just about thinking deeply—it's about pausing, noticing, and shifting how we show up with and for others. It's a tool for self-awareness *and* community repair. Here's how to practice it meaningfully:

1. Set a Weekly Reflection Ritual

Create a consistent time and space (10–20 minutes) at the end of each week to reflect. Use a candle, tea, or soft music to signal it's time to drop in. Ritual cues help reflection stick.

Try:

- “What felt misaligned this week?”
 - “Where did I feel most myself?”
 - “What did I learn about how I show up with others?”
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2. Use a Body Check-In Before Responding

Before responding to tension or feedback, take 30 seconds to scan your body. Noticing clenched jaws, fast breath, or a tight chest can offer insight into your emotional state—and prevent reactive replies.

Practice:

“What’s happening in my body right now, and what might it be trying to tell me?”

3. Keep a Reflection Companion Tool

Use a journal, voice note app, or reflection cards to record questions and themes. It becomes a mirror over time, helping you track patterns and shifts. Loop back randomly to things you have shared on a note app or written in a journal. Notice what's changed, or hasn't.

4. Ask Others to Reflect You Back

Invite a trusted colleague, friend, or community member to gently mirror back how they experienced you in a specific moment. Not to critique—but to help you see what you might have missed.

Prompt them with:

“What did you notice about how I handled that?”

“Where did I seem grounded—or not?”

5. Choose One Pattern to Interrupt

Notice a repeated behavior—like speaking too quickly, shutting down in discomfort, or avoiding directness. Choose to interrupt it once per day with a new action (a breath, a reframe, a pause.)

6. Close the Loop with the Community

Don't keep your reflections private forever. Bring insights back into the community. Apologize, clarify, offer gratitude, or make a new request. Reflection is powerful, but shared reflection creates trust.

For more tips on REFLECTION please contact
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