



The Looking Glass Review

News, Views and Announcements on Reflective Practice

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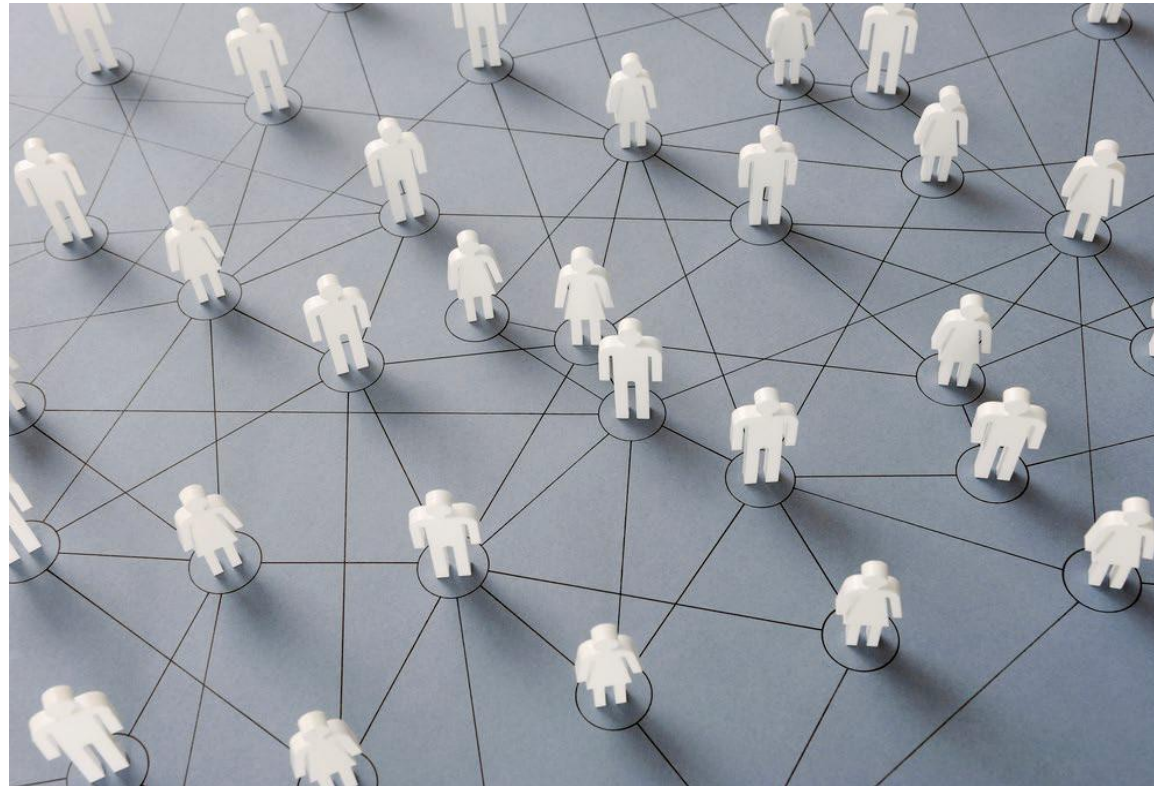
Research & Advice

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Invitation to host your stories, challenges & aha! moments



Welcome



By Dr M. May Seitanidi

The Looking Glass Review acts as a channel of communication for the Reflect4Change Community by presenting news on reflection, offering views on reflective practice and sharing announcements

In this inaugural issue we would like to offer a warm welcome to you in the Reflect4Change Community!

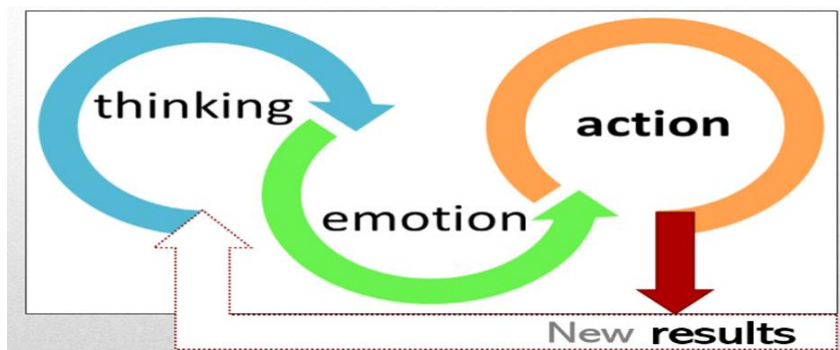


The Review

New Year's Resolutions?

– By Dr M. May Seitanidi

How To Sustain your Transformational Intention through Reflection: Research on New Year's Resolutions



January is the time of the year that people, all over the world, make resolutions about how they want to transform their lives. The changes range from losing weight, reading more books, managing their consumption behaviour, spending less time on social media, improving their personal finances and interpersonal relationships and to more complex aims e.g. how to set up your intention and complete your PhD within a set timeline! They all share a commonality: they want to improve by transforming long held patterns in their thinking and action so they can experience new improved results.

Unfortunately, New Year's resolutions more often fail than succeed. According to a large [study](#) on New Year's resolutions, employing an active intervention, increases the likelihood of participants succeeding with their resolutions, one week into the new year, 77% of participants maintained their resolutions; the number decreased to 55% after one month, 43% after three months, 40% after six months, and 19% at the two-year follow-up. Interestingly, participants who received support in sustaining their New Year's resolutions by both formulating their resolutions in writing and report their progress three times throughout the year were more successful in maintaining their resolutions.

The key take away from the above study is that when people make a resolution they have not necessarily spent adequate time in thinking why they made it, articulating the exact problem they wish to address and the steps they need to take to develop a new way of thinking and action. In addition, they often do not know how to develop their reflective practice,

Your Reflection Explorations

– By Joanna Tsamis

Becoming a reflective practitioner has a start but not necessarily a finishing point, as it requires continuous practice.

Using the structured Reflection model What? So What? Now What? and developing reflective practice comes with expected and unexpected challenges and rewards. Sharing your aha! moments of deep insights and the breakthroughs helps you learn develop better articulation skills expressing your thoughts, feelings and actions and connecting them to your new results.

We invite you to share your reflection explorations with Reflect Review together with your photos or any visual material you find inspirational in your Transformation journey!

Send your material for the next issue to [mmayseitanidi \(at\) yahoo.com](mailto:mmayseitanidi@yahoo.com)





integrate frequent prompts for reflection and receive support putting into action the learning that takes place at an unconscious level. Hence, it takes much longer for people to transform their lives and turn their unconscious learning into conscious intentional transformation.

So this year start with a challenge to maintain your Transformational Intention: Take the time to think deeply your New Year's resolutions before you set them. Be precise in expressing the goal and the path in achieving it.

8 Steps to Maintain your Transformational Intention

Step 1: Set out a specific time in the week when you will set up your New Year's Resolutions.

Take an hour without any distractions and think about what was the most important issue that you were not happy about in the previous year. For example, you spent too much time on social media, a professional or personal relationship was challenging or you were not able to maintain your eating regime. Identify specific examples where this issue surfaced and write them down in detail as event 1, event 2 and so on. Spend time identifying similarities between the different examples. Why the same problem surfaced? Under what circumstances (internal or external)?



Step 2: Once you have focused on a central issue, aim to articulate it clearly in writing.

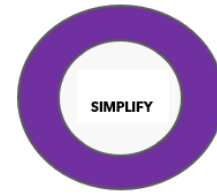
Identify in your examples of events, where the key issue was present, your initial response to the issue (what did you think and feel when you realised you spent too much time on social media or when you diverted from your eating plan?). Write down your thoughts and feelings at that time.

Step 3: Next, analyse the significance of this key problem.

Explain why this issue is important for you and how it affects other aspects of your life. Spend time writing down your analysis of this issue. What is the significance of this issue for you? Now that you have identified similarities/differences across the events where the problem surfaced what did you learn? What were my challenges, outcomes, emotions ?

Step 4: Aim to spend time identifying books or articles that explain in more depth the key problem.

The Simplify Button



When you set your resolutions and goals it is important to identify what might stop you from realising your goal or what you might find difficult. Spend time identifying solutions that will help you remove the barriers.

To receive support in developing your Reflective Practice register for the training workshops (Part 1 and 2) and join the Reflect4Change Community to maintain your reflective practice by sharing your reflection challenges and also learning from others. Speed up the progress to transform your life!

Hit the simplify button to kick start your transformation!

Register for both workshops and receive a 20% discount.



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Transform your life



After spending time reading on this issue report on the changes in your understanding based on what you read. This should result in a new understanding and new emotions surfacing. Dedicate time to think and experience your emotions in light of your new understanding which will help you deepen further your understanding and identifying how to move forward.

Step 5: Take note and report on what this learning experience about the issue mean for you.

Now that you have formed a new understanding ask yourself, what has changed in your thinking and how? Report on what has changed and express a vulnerability (e.g. I did not think of x, I prioritised y etc.). What does the pattern/way of learning means for your overall learning in your life?

Step 6: Assess the outcomes of your analysis.

Answer the following questions or develop further questions that are meaningful to you. How will I use my overall learning of the analysis and insights in how I learn from my experiences into the future (either in my professional or personal environment). How do I need to think, feel, act based on my new insights that I have learnt about myself in order to apply my learning in my life about the specific issue?

Step 7: Express clearly your new resolution.

Now that you have a deep understanding of the central issue you wish to change, spend time in expressing in positive terms what exactly is your new resolution that will help you transform your life.

Step 8: Describe a detailed situation where you will be able to practice your new resolution.

Think of a future event or situation where you will be able to practice the new transformational resolution in as much details as possible.



Here's wishing you all a Transformational New Year!



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