

# Personal Reflection Exercises...

## I ask questions



I learn by asking questions. I express my curiosity about the world around me and that helps me to increase my knowledge. I gather facts along the way and my lifelong learning helps me know a variety of subjects in life from appreciating art museums to understand medical science.

I clarify my thinking. **New insights challenge my old assumptions.** I become more perceptive and open-minded by my willingness to ask questions.

I engage more fully. Tasks that used to seem mundane now fascinate me. Even taking out the garbage becomes more interesting when I know more about recycling and waste.

I let others know that I care about them and appreciate what they have to share. **When I ask someone a question, I show them that I value their expertise and opinions.** I want to know about their background and experiences.

I ask my family to explain their tasks, jobs, or roles. In this way, we both learn by taking turns sharing our lives with one another and learning more about what occupies our time.

I pose questions to peers and clients about how I contribute to them. Knowing this bit of information helps me to understand how my work fits into the bigger picture of life. I learn how to provide extra value to those I interact with and advance all relationships in a positive way.

I keep an inquiring mind while I listen to news stories or paid advertisements and **I keep a critical mind about the messages I am receiving.** I consider my values in making decisions about where to invest my time, my attention, and my money after learning all I can,

Today, I ask questions that stimulate my thinking. I learn through observation and analysis.

### Self-Reflection Questions:

1. How can I develop useful questions?
2. What is the relationship between questions and creativity?
3. What is one deep question that I want to ask my family or friends?