

## Self-reflection and Inspiration



60 minutes

### Objective

- *To guide participants through a meditation or visualization exercise where they reflect on someone they find inspiring, identifying the values and traits they admire, and how these can serve as mirrors for self-reflection and personal growth.*

### Materials needed

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- Comfortable seating or meditation cushions.
- A quiet room or space.
- Optional: calming background music or a meditation audio recording.
- Journals or notebooks for reflection.
- Pens or markers.



### Tool Description

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This tool uses guided meditation and group discussion to encourage participants to reflect on someone who inspires them deeply. Through this process, they explore the values and qualities they are drawn to, fostering self-awareness and helping them recognize their own potential to embody these traits.



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## Instructions

### 1. INTRODUCTION (15 MINUTES)

- Introduce the manual
- Allow participants time to familiarise themselves with the manual and its content
- Focus on the chapter **Spiritual Rest**
- Introduce the importance of **self-reflection and inspiration** as a practice and let participants know this will be the main focus of this module

### 2. GUIDED MEDITATION (20 MINUTES)

- Ask participants to sit comfortably, close their eyes, and focus on their breathing.
- Guide them through the following visualization:
- Picture someone who inspires you deeply. It could be a mentor, historical figure, friend, or family member.
- Imagine them in a moment where they are demonstrating the qualities you admire most.
- Reflect on these questions as you visualize:

- **What specific traits or actions inspire you?**
- **How do they make you feel?**
- **What values do they embody?**

- Allow participants to stay in this visualization, focusing on the positive energy it brings.



## Instructions

### 3. SELF-REFLECTION WRITING (10 MINUTES)

- Ask participants to open their eyes and journal their thoughts.
- Provide these prompts for writing:

- **What traits and values stood out to you during the visualization?**
- **Do you see any of these qualities in yourself?**
- **How could you begin to embody or strengthen these traits in your daily life?**

### 4. GROUP DISCUSSION (10 MINUTES):

- Facilitate a group discussion where participants share their reflections if they feel comfortable.
- Encourage dialogue around how these admired traits might already exist within themselves or how they can take steps to cultivate them further.

### 5. CLOSURE (5 MINUTES):

- Summarize the session by emphasizing that we often attract or notice in others what we value in ourselves.
- End with a short affirmation or gratitude exercise, thanking participants for their openness and sharing.

## Reflection questions

- Who did you choose as your inspiration, and what qualities stood out to you?
- How do you see these qualities reflected in your own actions or aspirations?

**The qualities we admire in others are often the seeds of greatness already within ourselves.**

- What small steps can you take to embody these traits more intentionally in your daily life?
- How does connecting with someone inspiring help you recharge spiritually?



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