



Name:

Section:



Date:

Score:



How to Write a Reflection

The purpose of writing a reflection is to develop a “mind at work.” Now defining a “mind at work” is tough—no rubric can measure it. However, when a writer blends personal experiences and curiosities with the insights of great thinkers, ideas blossom. Writing becomes emboldened, playful, and creative. A great reflection is not just the unfolding of ideas but a glimpse into what a person truly thinks—an unveiling of what has been brewing in the mind. The ability to reflect through writing—to synthesize what we’ve seen, read, and discussed, and create meaning from it—is a superpower. Reflective writing is simply a tool to unlock this superpower.

What reflective writing doesn’t need is rigid structure. You don’t need a thesis statement or topic sentences. You don’t need to plan out every word. Instead, reflective writing asks you to surrender to the process—to accept that sometimes goals are fruitless, and the best ideas come from sitting, thinking, and letting the mystery of inspiration take hold.

What reflective writing does need is a flood of ideas. Ideas from the past. Ideas from movies, books, or conversations. Ideas sparked by fleeting thoughts or life’s small moments. A person who writes great reflections is always thinking, debating, and wrestling with concepts in their mind. Reflection is simply that internal battle spilling out onto the page.

Most importantly, reflective writing requires courage. To think for yourself is to take a risk. It means aiming, throwing darts at the board, and hoping one sticks. Some ideas will lead to dead ends, while others might be brilliant. Who knows? Just write. Most ideas won’t be perfect, but among the clutter, you’ll find a gem.

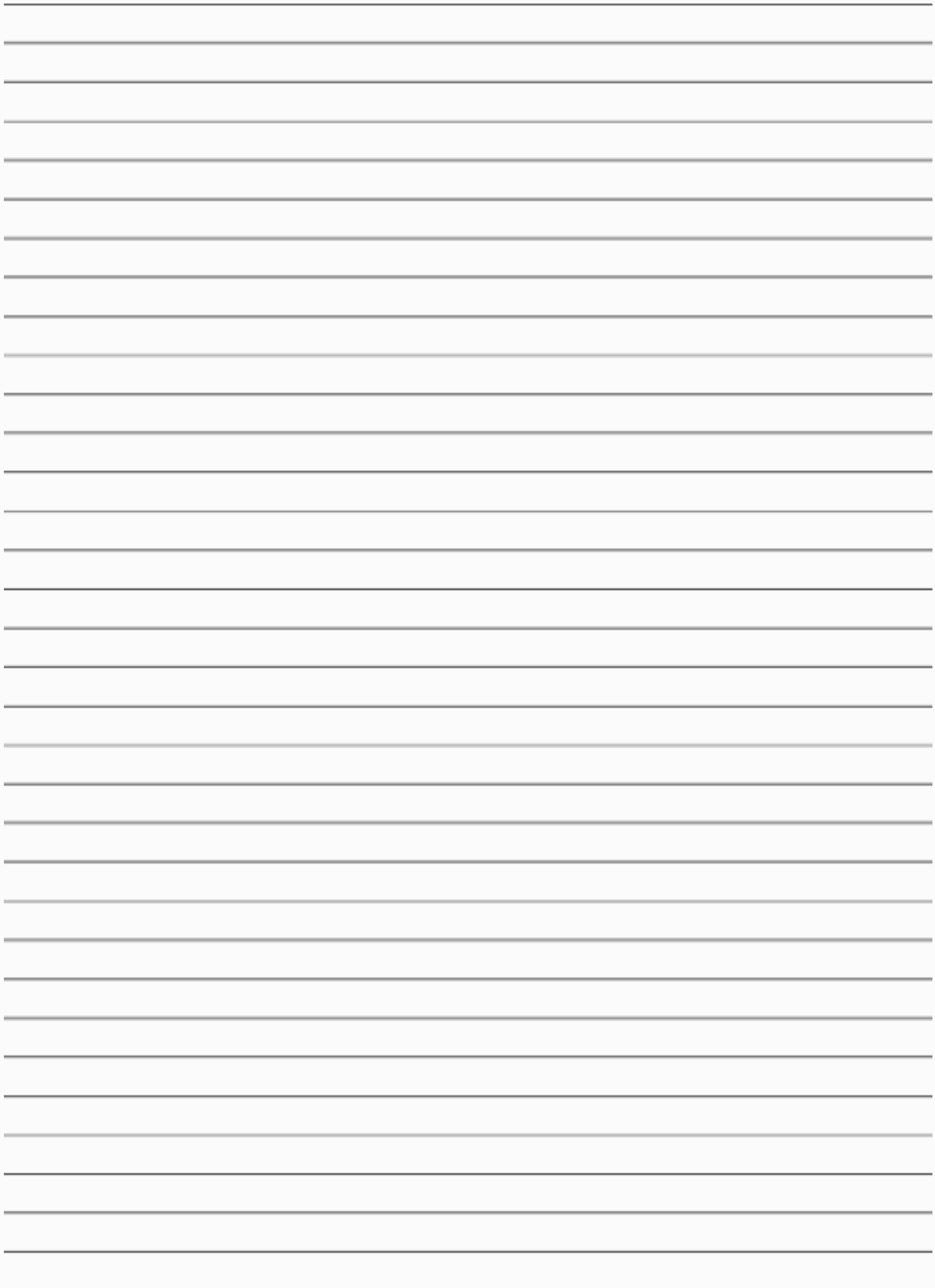
So, start now.

Write a reflection on one of the following prompts given:

A Turning Point: Write about a moment in your life that changed the way you see yourself or the world. What led to this moment, and how has it shaped you?

Lessons from Failure: Reflect on a time you failed at something. What did you learn from the experience, and how has it influenced your future decisions?

Your Younger Self: If you could go back and give advice to your younger self at a specific age, what would you say and why?



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