

Personal reflection essay essay sample

[Technology](#), [Future](#)



Personal reflection is thinking about or reflecting on what you do, and how you examine things. It is closely related to the concept of learning from experience, how you view things, and the sequence of how you image things to occur, and decide from that what you may or may not do differently next time. Personal reflection has numerous benefits such as: increasing self-awareness, which is a primary component of emotional intelligence, and in developing a better understanding of you. Personal reflection can also help you to develop creative thinking skills, and encourage active engagement in work processes. A best practice I exercise in the corporate environment is to keep a learning journal. The journal will support more meaningful discussions between your manager, and yourself about career development, and your personal development, including at personal appraisal time or coaching opportunities for improvement.

The journal allows you to explain in detail how you view your performance and skills. It also creates productive dialogue between you and your manager regarding future endeavours for your career path. It will also help to provide you with examples to utilize in competency-based interview situations. My perspective of how I view myself could be totally different of how others view me. My personal reflection aids me in improving my learning both as a student, and in relating to my work and life experiences. Although it will take time for me to stop, and examine myself regarding work, school or personal circumstances, it will ultimately save me time and energy in the future.