



What **REFLECTION** is NOT

Swipe



01 NOT Just Self-Centered

Reflection isn't solely about
introspection and personal goals.

It's also about
understanding your role
and impact in your
relational field.



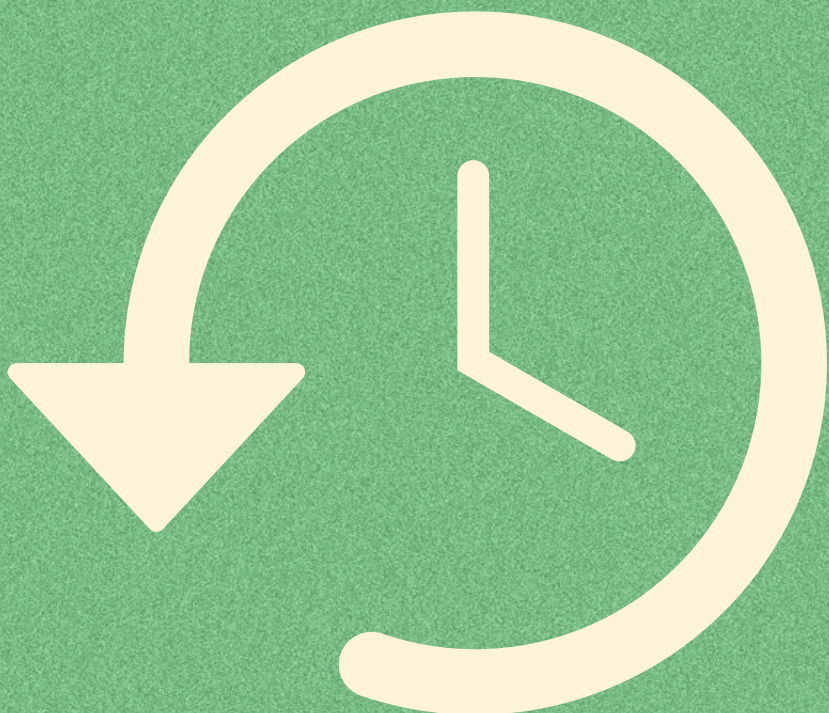


NOT About Dwelling on the Past

02

Reflecting is not an exercise in
fixating on past failures or
successes.

It's about learning from the
past to inform a more
conscious and intentional
future.





03 NOT a Passive Activity

Setting intentions is not about passively wishing for things to happen

It involves active engagement and taking steps towards the change you want to see.





NOT About **04** Conforming to Expectations

This process is not about setting intentions based on societal norms or others' expectations.

It's a personal journey, unique to your values, aspirations, and life path.





05 NOT Merely a Year- End Activity

While popular at year's end,
reflection is not just for this period.

It's a beneficial practice all year
round, helping to maintain
alignment with your evolving values
and circumstances.





Interested in learning more ?



Hi ! I'm Houria,

A passionate leadership development coach and process optimization consultant.

I integrate **critical thinking and emotional intelligence** in transitions and transformations.

My approach is to always hold the necessary space for my clients to find clarity and shift progressively.