

Self-Reflection

See yourself as you truly are — not what you think yourself to be.

A perception-gap worksheet based on Chapter 7

FROM CHAPTER 7 • PAGE 22

“Self-reflection is the discipline of seeing yourself as you truly are and not what you think yourself to be.”

— Chris Masiello

How to use this worksheet:

1. Work the perception-gap prompts below (5–10 minutes).
2. Log one honest “how come?” moment daily.
3. Reflect at week’s end — exhausted but satisfied.

Find the gap between intention and reality.

"It's when we say to ourselves, 'Well, I meant to do it this way, but it came out that way. How come?'" (p. 22) Growth lives in that question.

01 A recent moment

A conversation or interaction that didn't go the way you intended. Set the scene.

02 The story you tell

How do you normally see yourself in this kind of situation?

03 The honest replay

What did you actually do — what did others see? "It's not easy to look at something and say, 'I could have done that better,' or 'I missed that.'" (p. 23) Try.

One honest moment per day.

"This is a constant part of our lives where we're always seeing ourselves, seeing events, and trying to see if they truly are or aren't the way we thought they would be." (p. 22)

MONDAY	What I intended: What actually happened — and how come:	GAP SEEN? ☐
TUESDAY	What I intended: What actually happened — and how come:	GAP SEEN? ☐
WEDNESDAY	What I intended: What actually happened — and how come:	GAP SEEN? ☐
THURSDAY	What I intended: What actually happened — and how come:	GAP SEEN? ☐
FRIDAY	What I intended: What actually happened — and how come:	GAP SEEN? ☐
SATURDAY	What I intended: What actually happened — and how come:	GAP SEEN? ☐
SUNDAY	What I intended: What actually happened — and how come:	GAP SEEN? ☐

Exhausted but satisfied.

“Engaging in self-reflection is at its best when it feels a little like an event that leaves you exhausted but satisfied.” (p. 22)

- 01** Where is your biggest perception gap right now — what you believe about yourself vs. what you’re actually doing?

- 02** What truth did you wrestle with this week that you’d normally talk yourself out of?

- 03** “Growth and change are the goals in this process.” (p. 23) Which strength and which weakness did this week reveal?

- 04** If you closed the gap, what would become possible?

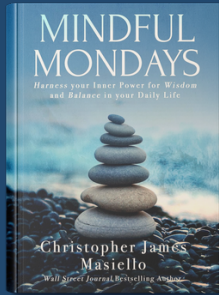
CITED IN CHAPTER 7 (P. 23)

“Work hard, be yourself, and have fun.” — Michelle Kwan

KEEP GROWING

This is Chapter 7. There are 45 more.

Each chapter of Mindful Mondays comes with a video and a practice tool like this one. Work through them at your own pace — one Monday at a time.



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