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Title of Your Reflection Paper

(Example: *"If I Could Have A Conversation With My Past Self"*)

Introduction

- Set the scene. Briefly introduce what you're reflecting on.
- Share a little background or context, but keep it concise.
- End with the biggest lesson or realization from the experience.

Body Paragraph 1: First Reactions & Initial Thoughts

- Describe your first impression: what stood out the most?
- Explain how it made you feel or challenged your thinking.
- Use specific details, personal anecdotes, or important moments to bring your reflection to life.

Body Paragraph 2: Digging Deeper

- Ask yourself *why* this experience or material impacted you.

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- Connect it to your personal growth, beliefs, or knowledge.
- Relate it to something bigger. It could be a real-world issue, a lesson from school, or a personal challenge.

Body Paragraph 3: What Comes Next?

- How did this reflection change you?
- What will you do differently moving forward?
- If it raised any questions or made you see things differently, explore that too.

Conclusion

- Sum up your biggest takeaway in a meaningful way.
- Reinforce *why* this reflection matters and what was the lasting impact
- End with a strong closing thought, something that lingers in the reader's mind.