

Reflection Prompts

Reflection is one of the most powerful ways to strengthen your capabilities because it helps us notice patterns, challenge assumptions and intentionally choose how we want to show up in future conversations. Use the following prompts before, during, or after a conversation! Below are a few examples of reflection questions you can use to practice.

Belonging

- When have I felt more included?
- How do I help others feel seen?

Collaboration

- How am I contributing to the conversation?
- What strengths does each person bring?
- What outcome serves the group better than my individual preference?

Curiosity

- What might I be missing?
- What would I ask if I wanted to understand rather than respond?
- What do I notice?

Group Dynamics

- Whose voices are missing? Whose voices are shaping this conversation?
- Whose patterns do I notice in how the group interacts?
- How does the group respond to disagreement or uncertainty?

Reflection

- What went well?
- What challenged me?
- What would I do differently next time?

Self-Awareness

- What story am I telling myself?
- What emotions am I noticing?
- What assumptions am I making?

Systems Thinking

- What larger systems or structures might be influencing this situation?
- What factors am I overlooking?
- How are individual actions connected to broader outcomes?