

# Daily and Weekly Naikan Reflection Review and Goals

## Daily review

Spend 30 minutes each day reviewing the three essential Naikan questions, putting your answers in the spaces provided based on the last 24 hours.

If you have less time available, choose key aspects from that day.

Make the answers specific, such as *I cut someone off on the phone*, rather than, *I wasn't very helpful today*.

### What did I receive?

*For example,*

*Someone held the door for me.*

*My glasses helped me read the small print on the side of the packet.*

*My phone enabled me to call my family.*

### What did I give?

*For example,*

*I picked up shopping for my neighbor.*

*I smiled at the elderly lady as she left the shop.*

*I made my wife dinner.*

Review the above two lists, and ask yourself if they are complete and consistent. If giving a smile is in the second list, receiving them should be in the first list.

**What troubles and difficulties did I cause?**

*For example,*

*I was slow to reply to that email that was urgent.*

*I didn't offer to give my friend a lift.*

*I wasted most of my coffee.*

**Weekly summary**

At the end of each week, review all that you received, given, and troubles you caused in the last seven days and summarize below. Look for repeating themes.

**What did I receive? (Summary of last seven days)**

**What did I give? (Summary of last seven days)**

**What troubles and difficulties did I cause? (Summary of last seven days)**

Consider what actions you need to take, such as sending a thank you, apologizing for something, or how you will try to handle things better next week.

**Actions following review:**

Dr. Jeremy Sutton