

## 20 Topics/Prompts for a Reflective Essay

# REFLECTIVE ESSAY

- Reflecting on a personal challenge and how you overcame it
- Reflecting on a significant event that changed your life
- Reflecting on a decision you made and its outcome
- Reflecting on a failure and what you learned from it
- Reflecting on an experience that helped you grow as a person
- Reflecting on a person who has had a profound impact on your life
- Reflecting on a difficult conversation and what you learned from it
- Reflecting on a personal accomplishment and what it taught you
- Reflecting on a time when you helped someone else
- Reflecting on a trip or journey that you took

- Reflecting on a time when you had to adapt to a new situation
- Reflecting on a time when you had to face a fear
- Reflecting on a time when you had to make a difficult choice
- Reflecting on a time when you had to apologize or forgive someone
- Reflecting on a time when you had to learn something new
- Reflecting on a time when you had to overcome a challenge
- Reflecting on a time when you had to take a risk
- Reflecting on a time when you had to face disappointment
- Reflecting on a time when you had to work through a problem
- Reflecting on a time when you had to learn from your mistakes

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# Personal Reflection Essay Ideas

**Elsa Högberg**



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