



# THE STOIC REFLECTION COMPANION

30 REFLECTIONS TO UNLOCK  
CLARITY, DIRECTION, AND GROWTH





# TABLE OF CONTENTS

Introduction

Why Self-Reflection is important

30 Self-Reflection Questions

Want to learn more?





# INTRODUCTION

*hello!*



Over the years — working at companies like Amazon Web Services (AWS), Orange Business Services, and in fast-paced startup environments — I've gained valuable insights into personal growth, resilience, and leadership.

One lesson stands out:

Real progress begins with honest reflection.

This e-book supports you on your journey to Deep Reflections based on Stoic Principles.

I hope this guide will serve as a steady companion on your path of transformation and inner mastery. I'd love to hear how it impacts your journey

*Best regards,*

*Patrick Hohensee*



## 01. WHY SELF-REFLECTION IS IMPORTANT

Self-reflection is more than just thinking about your day — it's the ability to pause, step back, and examine your thoughts, actions, and emotions with honesty. It's how we learn from experience, make better decisions, and grow into the person we aim to become.

In a world that constantly demands speed and reaction, reflection is a conscious act of slowing down — to align with what truly matters.





## WHY SELF-REFLECTION IS IMPORTANT

Here's how self-reflection strengthens your life:

- 1.You gain clarity on your values and goals — and begin living in alignment with them.
- 2.You recognize your strengths — and take responsibility for your weaknesses.
- 3.You improve relationships — by understanding your own behavior and how it impacts others.
- 4.You make better decisions — grounded in purpose, not pressure.
- 5.You learn to handle stress — not by avoiding it, but by responding with intention.





## WHY SELF-REFLECTION IS IMPORTANT

Reflection isn't a one-time exercise. It's a lifelong habit. A tool that sharpens with use. And the more you engage in it, the more clearly you see — yourself, your path, and what truly matters.

This companion is here to guide that process — through 30 questions designed to challenge, support, and stretch your thinking. Take your time. Be honest. And trust that every answer brings you closer to the person you're becoming.



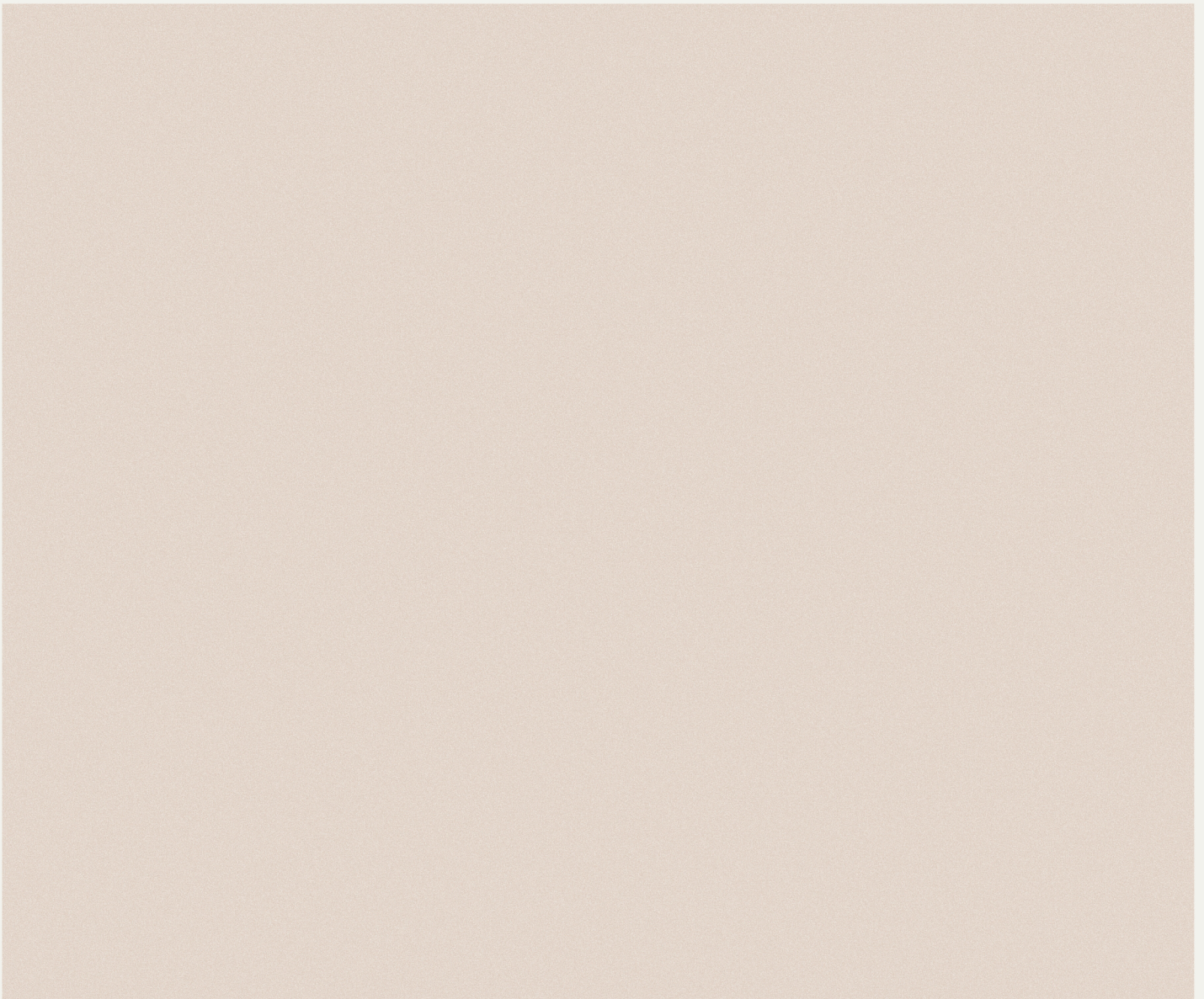
# 30 SELF-REFLECTION

## 02. QUESTIONS

### Section 1: Core Values

1. What are the core values that guide your decisions?
2. Where do your values come from — are they chosen, inherited, or unexamined?
3. What beliefs about life do you hold that may no longer serve you?
4. Which beliefs help you stay grounded during adversity?
5. What does it mean to live in accordance with nature, in your own life?

### My Notes:





# 30 SELF-REFLECTION

## 02. QUESTIONS

### Section 2: Self Discipline & Inner Mastery

1. In which areas of your life do you struggle to apply discipline?
2. What habits or distractions regularly pull you away from your purpose?
3. When do your emotions tend to override your reason?
4. How do you respond when things don't go your way? (The art of response)
5. What would it look like to take full responsibility for your thoughts and actions?

### My Notes:





# 30 SELF-REFLECTION

## 02. QUESTIONS

### Section 3: Goals, Intentions & Alignment

1. What are your current short-term goals — and are they in line with your values?
2. What is your long-term vision for the kind of person you want to become?
3. Are your actions today building the future you seek?
4. Where are you chasing outcomes instead of embodying virtues?
5. What goal are you pursuing that might be ego-driven rather than purpose-driven?

### **My Notes:**





# 30 SELF-REFLECTION

## 02. QUESTIONS

### Section 4: Relationships & Justice

1. In which relationships do you act with integrity — and where do you fall short?
2. Are you quick to judge others, or do you seek to understand first?
3. How do you respond to people who test your patience?
4. What would a just and fair response look like in your relationships?
5. Do you treat others as ends in themselves — or as means to your own ends?

### **My Notes:**





# 30 SELF-REFLECTION

## 02. QUESTIONS

### Section 5: Resilience & Adversity

1. How do you typically react in moments of pressure or chaos?
2. What has been your most meaningful failure — and what did it teach you?
3. Are you prepared to lose what you love — and still remain whole?  
(Memento Mori, Amor Fati)
4. What does "turning the obstacle into the way" mean in your current life context?

### My Notes:





# 30 SELF-REFLECTION

## 02. QUESTIONS

### Section 6: Daily Awareness & Ongoing Practice

1. Did I live today in alignment with my values?
2. Where did I act out of impulse, pride, or fear?
3. What did I learn today — about the world or myself?
4. How can I respond better tomorrow than I did today?
5. What am I grateful for — even when things are difficult?
6. If I were to die tonight, would I be at peace with how I lived today?

### My Notes:







# WANT TO LEARN MORE?

*Follow me on YouTube: @PatrickHohensee or visit my blog:  
<https://www.patrick-hohensee.de/en/blog> for more inspiring  
content on stoicism and ancient philosophy for modern  
self-improvement.*

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