

## Three-Minute Reflections

*Step back from life and reflect on how  
the inner you shapes your behavior*



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### Time for an Honest Look in the Mirror

It's that time of the year...time for an honest look in the mirror...time to get real about making some changes. The obvious information that is reflected back when you look in the mirror is the external you and while certainly important, it's not by a long shot, the full picture. So before you get caught-up in thinking about the extra weight and the flagging muscle tone may I invite you to take deeper look at the image that is reflected back to you.

What if you could see your **attitude** reflecting back from the mirror...what would it look like?

#### Does your attitude have a color, shape or temperature?

Is it multicolored like a screen saver that constantly morphs in shape and color or does it have only one color and shape (a dancing yellow daisy or a sky of gray storm clouds)? What attitude do you see? What is the attitude others see, feel and experience emanating from you? Is your attitude temperature hot, warm, cool, or cold? Do you have a range of temperatures depending on the situation or are you always one temperature?

What if you could see your **character** reflecting back from the mirror...what would it look like?

#### What do you know about your character?

As you look at the list of some desirable character traits, what character traits are true for you? Are there traits you wish to develop or enhance?

It's that time of year...time to address the extra weight you gained during the holidays – time to deal with those life inhibiting lifestyle habits (diet, exercise, smoking, etc.)...and just maybe it's time to update your attitude and character inventory.

So, let's see...there's Weight Watchers and a dozen other programs for weight loss; gym or health club membership for muscle toning and strength training; and a multitude of smoking cessation mediations and support groups.

But where do you go for an "attitude adjustment" and how do you even begin to initiate character trait changes.

The answer; "It's a process." Just like getting in shape, losing weight, or stopping a bad habit, it's a process that involves the mindful and intentional application of the following.

- Honest Moral Inventory – searching and fearless self appraisal
- Honest Feedback – request real feedback from family/friends
- Honest Dialogue with Yourself – in the form of Journaling
- Honest Dialogue with trusted other – counselor, clergy, philosopher, skilled friend

**Thanks for reflecting.**

#### Some Important Character Traits

*Responsible Kind Loveable  
Caring Brave Giving Honest  
Cautious Sharing Trustworthy  
Helpful Committed Enthusiastic  
Funny Loyal Creative Strong  
Open-minded Confident Just  
Respectful Independent Devote  
Hopeful Cooperative Careful  
Sincere Humorous Energetic  
Determined Compassionate*

Physician Support Services  
*Consultation – Counseling – Coaching*  
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