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Quotable

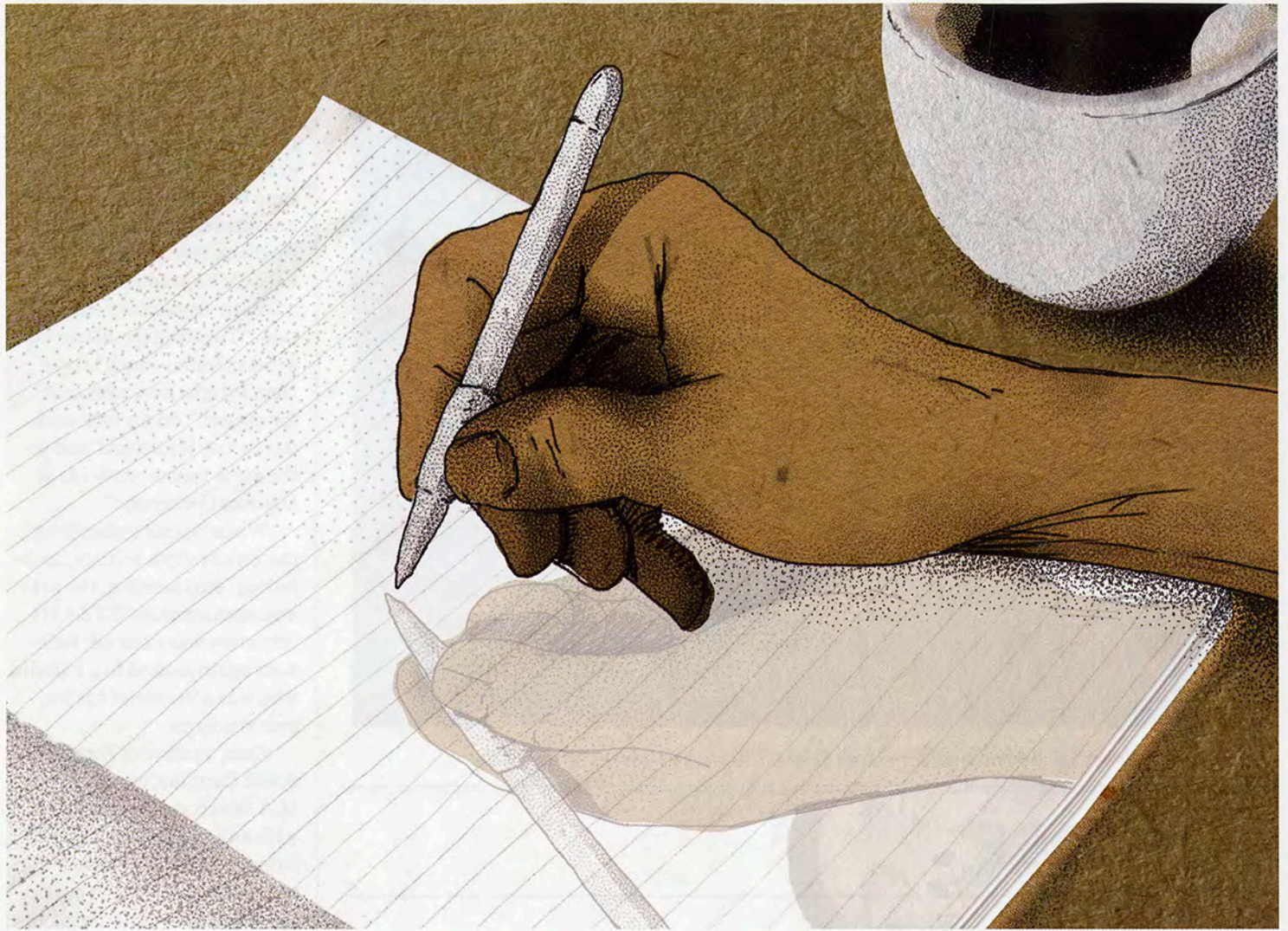
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Quotable

How can finding time for reflection change your life and career outlook?

“The Cothran Center for Vocational Reflection taught me to take time to look back for moments of opportunity and transformation, then make career choices based on that reflection. I use my calendar on my laptop as a sort of diary. Then looking back over it, I find those moments when I felt most passionate for what I was doing, as well as when my capabilities really made a difference in a situation. Once you identify those, plan more of them in your life, even if it’s not what the experts in your field might say is best. We’re all jagged and don’t need to fit one mold laid out by those experts. Success can be self-defined through reflection.”

—Brandon Inabinet '04

“One measure of well-being seems directly proportional to how well we identify and utilize our gifts in ways that are meaningful, not only to ourselves but to others. Reflection is the *sine qua non* of self-knowledge, the essential path to a richness of experiential and creative fulfillment that might otherwise go unrealized. We are the cartographers of our own lives whose best journeys begin with reflection, travel the switchbacks, and end with a foothold on transcendence.”

—Connie Ralston '70