**The ‘Elements of Success’ Reflection Activity Exercise**



**Activity Time-frame**

15 to 20 minutes is the perfect time frame for this reflection exercise, but you can easily adapt it to be shorter or longer, depending on available time.

**Number of Participants**

This activity is best done in groups of 3 or 4 people.

**Purpose (Reflection and discussion)**

The topic of this game is ‘success’, so participants will share their ideas on what makes something or someone successful.

It’s very useful in particular for soft skills and [life planning training sessions](https://symondsresearch.com/life-planning-training/).

**Activity Instructions**

1. Split participants into groups of 3 or 4.

2. Ask each of them to think of a peak experience of whatever the topic is (e.g., the best work meeting you ever had; the best-organized conference you attended; the most engaging speaker you ever heard; the most interesting presentation you remember; the best piece of work you did, etc.).

3. Ask each participant to think about what made the experience so successful.

4. Ask participants to share their story with the rest of their small group.

5. Get the group to discuss what they think the elements of success are.

6. Get each group to share the outcome of their conversation with the rest of the class. You can write down the elements of success on a flip chart yourself or ask each group to write on their own sheet of A1 paper and present it.

### Benefits of this Reflection and Revision Exercise

* This exercise promotes a positive mindset as it focuses on success.
* By promoting discussion, this exercise stimulates deep learning.

Source: <https://symondsresearch.com/reflection-activities-exercises/>

**Picking One Word to Define How You Will Move Forward:**  
  
***Focus on being rather than doing.***Different than resolutions, your one word isn’t a constant reminder of what you “should be doing”. Instead, it stands to inspire how you want to live. Think about who you want to be, and choose a word that will help you become that.

***Be authentic.***Your word should reflect YOU, and no one else. It’s easy to listen to others’ words and then pick one that sounds good. But you want a word that’s uniquely yours… one that resonates with you on a deep level.

***Don’t overthink it.***  
It’s not rocket science, and there’s no wrong answer. Don’t analyze it to death! It’s simply about identifying the word that keeps coming back to nag at your heart. Keep an open mind and heart, and pay attention to the word that you see, hear, and recognize the most in the coming days…

And the process I use includes these steps:

Step 1: Determine the kind of person you want to become.

Step 2: Identify the characteristics of that person.

Step 3: Pick a word.

Source: <https://sunshine-parenting.com/oneword/>

### Rose, Bud, Thorn



Another easy closure activity I picked up working at a [summer camp](https://educationrickshaw.com/2016/08/08/5-ways-camp-makes-you-a-better-teacher/)is is **Rose, Bud, Thorn**, which is great for having students think of what they want to learn tomorrow (the bud). It is also nice to hear students explain their thorns, and why they allowed their thorn to affect them. **So today, my rose was. . and my bud is . .**

Source: <https://educationrickshaw.com/2017/10/26/5-reflection-activities-to-help-students-glow-and-grow/>