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should appear in a particular order,
along with a few sentences about what

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each section contains, may be enough. If the topic you're tackling is a little more complex, your outline might have to be, too – but having an outline before you write is like having a roadmap in the glove box of your car before a road trip.

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The biggest value added of self-reflection is that you can change how you see yourself and how you feel about certain situations and, in the end, how you act. New thoughts lead to new emotions and consequently to new actions. Nevertheless, performing self-reflection regularly isn't easy, especially in the beginning.

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