

# REFECT

*Meaning: To reflect on or think deeply about one's experiences or actions in order to gain insight or understanding.*

1. The students will refect on their experiences during the semester to better understand their growth.
2. After the long meeting, the team took a moment to refect on their strategy and next steps.
3. To refect on the past year, she wrote a letter to herself outlining her accomplishments and challenges.
4. In order to improve their performance, athletes often take time to refect on their training routines.
5. The meditation session allowed participants to refect deeply on their inner thoughts and feelings.

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Source: [sentences.whatistheurl.com](https://sentences.whatistheurl.com)

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