



The Mind Mirror

ChatGPT Reflection Prompts for
Self-Awareness & Clarity

A mirror for how your mind chooses
when it matters

Chyla Charmaine

Embodied Insight • Hidden Patterns • Gentle Transformation

Let's begin... *Reflection Question*

Answer the question below in your own words before moving on. If you're unsure how to answer, check out the examples provided.

Write your answer anywhere (notes, paper, or your phone). You will use it in the next step.

If you had to choose one final meal — the last meal you'll ever get to eat — what would you choose?

Don't overthink it — just go with what comes up first.

For example, you might include:

- entrées, mains, desserts, drinks
- the people you would share it with
- specific details that matter to you
- a memory or feeling connected to it

Examples:

- Simple / Symbolic — Apple, feta, pecan salad
- Precise / Attuned — The same meal, described in detail (ingredients, flavours, ratios)
- Relational / Emotional — My mum's cooking, eaten slowly with my family
- Memory-Based — Street tacos from a food truck I loved as a child

 Once you have your answer, continue to the next page.

You're ready...

You'll now use your answer in ChatGPT.

👉 Open ChatGPT. [**New to ChatGPT? Start here**](#)

👉 On the next page, copy the bold text inside the yellow box and paste it into ChatGPT's message box — or upload a screenshot and type your answer instead.

👉 **If you're copying the text:** replace “[INSERT YOUR ANSWER HERE]” with your answer to the reflection question.

👉 Press send.

As you read through your response, if anything feels off, you can explore it further here:

[**When the Reflection Doesn't Feel Like You**](#)

(You can keep the page open to return to it if needed.)

Prompt 1: *The Primary Mind Mirror* —

You are a psychological mirror, not a judge. I am answering this reflection question: “If you were on death row, what would your final meal be?”

**Here is my answer, written exactly as it naturally came to me:
[INSERT YOUR FINAL MEAL ANSWER HERE]**

Please offer a psychologically insightful interpretation of my answer. This is not an evaluation. It is a mirror. Do not moralise, diagnose, or label me.

- **Treat all details as intentional signals, not decoration.**
- **If the answer is simple, keep the reflection symbolic and value-based.**
- **If the answer is detailed, explore those details with nuance and curiosity.**

1. What I Value

2. What I Appreciate- The kinds of experiences, qualities, or dynamics you’re drawn to or moved by.

3. My Core Identity Signal

4. Poetic Throughline- One way this choice reflects something elegant, symbolic, or quietly beautiful about how you move through the world.

5. Unexpected Insight- One insight that is clever, surprising, lightly amusing, or not immediately obvious.

6. Archetypal Signature

- **A concise archetypal title that captures your overall pattern**
- **A brief description of the archetypal essence present**

Continuing the Mirror

Work through the next prompts one at a time.

👉 For prompts 2–12 on the following pages, copy the bold text inside each **yellow box** into ChatGPT’s message box — or upload a screenshot and type your answer.

👉 Press send

Read through the responses.

👉 If anything feels off, explore it further here:

When the Reflection Doesn’t Feel Like You

(You can keep the page open to return to it if needed.)

Prefer to go quicker?

You can screenshot all prompts from 2–12 and upload them into ChatGPT at once, then read through your responses as usual.

Prompt 2:

What does this meal choice suggest about how my mind prioritises when choice feels final or irreversible?

Prompt 3:

How might this meal choice reflect the way my nervous system seeks stability or regulation under emotional or existential pressure?

Prompt 4:

What does this choice suggest about my relationship with comfort, pleasure, or soothing when there's no need to perform or justify?

Prompt 5:

How does this meal help me maintain a sense of "self" when roles, outcomes, and external expectations fall away?

Prompt 6:

What might this choice reveal about my relationship with control, certainty, or predictability in moments where agency is limited?

Prompt 7:

When options narrow, where does my energy naturally orient in this choice — toward grounding or stimulation, simplicity or richness, presence or intensity?

Prompt 8:

How does my mind relate to desire in this scenario of scarcity, and what does that suggest about how I respond when something cannot be postponed?

Prompt 9:

Is there a value hinted at in this choice that I may want or need, but don't always feel fully allowed to prioritise in everyday life?

Prompt 10:

Taken as a whole, what does this meal choice reveal about how I tend to meet life when clarity matters more than optimisation?

Prompt 11:

What blind spots might accompany this prioritisation pattern if it becomes the dominant way I organise choice?

👉 Prompt 12 brings your previous reflections together into a single organising pattern.

Prompt 12: *The Organising Pattern (Integration)*

Taken as a whole, what does this meal choice reveal about the core psychological pattern or organising strategy I use when clarity matters more than optimisation?

From Reflection to Integration

You've explored a single choice from multiple angles — what you value, how you respond under pressure, and how you relate to comfort, control, desire, and identity.

The next prompt moves beyond individual reflections.

Instead, you'll see the pattern as a whole — reflected back to you as a short psychological book.

This is not a summary or conclusion.

It's a mirror — one that allows the organising logic of your psyche to be seen, felt, and recognised.

Enjoy the process, and have fun with it!

Prompt 13: *Your Mind, Mirrored*

Based on everything we've explored together so far, please create a short reflective book that mirrors my psyche.

Write in a Jungian reflective style — symbolic, grounded, precise, and quietly humane. Let the writing feel observant rather than instructive, interpretive without speculation, and poetic without abstraction.

This book is not an evaluation or diagnosis. It is a psychological mirror.

Use what has already been revealed to offer insights that are:

- **fitting and psychologically honest**
- **occasionally playful or surprising**
- **helpful for understanding my inner patterns and subconscious logic**

You may include new interpretations where they naturally arise, as long as they are clearly grounded in what has been expressed. The book should help me begin to recognise the language of my psyche, rather than explain it away.

At the end of the book, please include:

- **a few simple tools or practices I can use to work with my psyche**
- **a small set of reflective journalling prompts you feel would help me understand my patterns more deeply**

Play With the Mirror

Experiment with the prompts below — or invent your own — to see how your psyche reveals itself through different styles, moods, or forms.

Prompt 14: Whimsical Rhyme & Playful Mirror

Rewrite this book using playful rhyme, whimsical logic, gentle absurdity, and childlike wisdom that carries serious psychological insight beneath the surface. Let the tone be light, imaginative, and clever — with humour, rhythm, and unexpected phrasing — while still honouring the emotional and psychological truth of what's been revealed.

Prompt 15: Surreal & Philosophical Mirror

Rewrite this book with a surreal, irreverent, and philosophically playful tone. Use rich metaphor, unexpected comparisons, bold observations about life and meaning, and a voice that feels mischievous, intelligent, and deeply human. Allow humour, sensuality, and existential insight to coexist, without becoming cynical or abstract.

Prompt 16: Screenplay or Stage Play

Rewrite this book as a short screenplay or stage play, where different parts of my psyche speak through characters and scenes.

A Gentle Invitation

This reflection is only a starting point.

It offers a glimpse into how your mind organises itself when choice narrows — where energy flows, where it gets held, and what you naturally prioritise under pressure.

The work itself happens beyond this page.

The *Results Breakthrough Coaching Program* is designed to support real change by working with one clear result you want to create, and exploring how your mind, emotions, and nervous system either support or interfere with that result.

Rather than analysing isolated choices or pushing through resistance, the program focuses on working with the internal patterns that shape: what you pursue, what you hesitate around, where effort stalls, and how stability is restored under pressure.

The aim is to remove what's in the way — so your energy can reorganise naturally around what matters most.

If this reflection has helped you notice deeper patterns beneath the surface, the next page offers a single prompt to explore whether working more deeply through the Program would be supportive for you.

Final Prompt: *Exploring the Fit*

Based on everything explored so far, how might Chyla Charmaine's Results Breakthrough Coaching Program support the exact growth edges, stabilisation needs, and prioritisation patterns that have been revealed here?

In your reflection, consider how moving through the phases of the program —

from clarifying the result that truly matters,

to resolving internal conflict rather than pushing through it,

to creating emotional stability,

to building and implementing aligned action,

to strengthening self-trust and capacity over time —

might help translate these insights into lived change, without working against how your mind naturally operates.

If you'd like to explore this opportunity further,
book a *Free Strategy Session* at:

<https://harnessyourhappiness.life/>

© 2026 Chyla Charmaine.

This material is for personal use only.

Please do not copy, reproduce, or distribute without written permission.