

# Self-Reflection and Growth Worksheet

## 1. Present Moment

How am I feeling right now?

What thoughts are on my mind?

## 2. Recent Experiences

Describe a recent event that impacted you:

How did you respond? What would you change?

## 3. Strengths and Achievements

What are some of your strengths?

What recent achievements are you proud of?

## 4. Areas for Growth

What would you like to improve or work on?

What steps can you take toward growth?

## 5. Support and Resources

Who or what can support you in your growth?