

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?