

Self Reflection Worksheet

Name: _____ Date: _____

Position/Role: _____

Section 1: Achievements and accomplishments

List three recent achievements or accomplishments, whether personal or professional.

Section 2: Challenges faced

Identify three significant challenges or difficulties you've encountered recently.

Section 3: Strengths and areas for improvement

- Reflect on your strengths and positive qualities.
- Consider areas where you can improve or develop further.

Strengths:

Areas for improvement:

Section 4: Significant learning moments

Describe a recent experience or interaction that taught you something valuable.

Section 5: Personal and professional goals

Set three goals for yourself, encompassing personal and professional aspects.

Section 6: Self-care and well-being

- Reflect on your current self-care practices and well-being.
- Describe one self-care activity you plan to prioritize.

Section 7: Action plan

Based on your reflections, outline specific actions you will take to achieve your goals and enhance your well-being.

Section 8: Ongoing reflection

- Schedule a date for your next self-reflection session using this worksheet.
- This will help you track your progress and revisit your goals.

Next reflection date: