

Self Reflection Worksheet

Name:

Date:

Position/Role:

Section 1: Achievements and Accomplishments

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

- 1.
- 2.
- 3.

Section 2: Challenges Faced

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

- 1.
- 2.
- 3.

Section 3: Strengths and Areas for Improvement

- Reflect on your strengths and positive qualities.
- Consider areas where you can improve or develop further.
 - Strengths:
 - 1.
 - 2.
 - 3.
 - Areas for Improvement:
 - 1.
 - 2.
 - 3.

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.

- 1.
- 2.
- 3.

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: