

# Self-Reflection Worksheet

The most impactful self-reflection is done with compassion. Do your best to be impartial and kind to yourself. Keep any self-judgments at bay!

## RECOUNT YOUR EXPERIENCE

## OBSERVE YOUR EXPERIENCE: What do you notice, feel, think, or do?

## ACTIVELY REFLECT: Why did you think, feel, or do these things?

## EXTRACT LEARNINGS: What did you learn? What changed?