

Self-Reflection Worksheet

1. Select a timeframe to reflect on (yesterday, today, last month, last year, etc.).
2. Decide on a purpose for your reflection.
3. Read each question carefully. Write your responses in the spaces provided on the worksheet. You can use complete sentences or bullet points. Be honest and authentic in your answers.
4. Don't be afraid to acknowledge areas for improvement or celebrate your strengths.
5. Once you have completed the worksheet, review your answers and reflect on any patterns or realizations that have emerged.
6. Keep the completed worksheet for future reference. It can serve as a valuable tool to track progress and reassess your reflections over time.

Today's Date: _____

Time Frame for Reflection: _____

Purpose of Reflection: _____

1. What are three things you are currently grateful for in your life or during this timeframe?

1. _____
2. _____
3. _____

2. Reflecting on the given timeframe, identify two things you did well or achievements you are proud of. Think about why they are significant to you.

1. _____
2. _____



3. In hindsight, what are two areas where you feel you could have done better during this timeframe? Be specific and honest in your self-assessment.

1. _____
2. _____

4. Among the areas identified in question #3, select one that you consider the most important to work on. Explain why you believe it deserves your attention and focus.

1. _____

5. Considering the area for improvement chosen in question #4, brainstorm two specific strategies or approaches you can employ to enhance your performance or address the issue effectively (See Accompanying Infographic for Ideas).

1. _____
2. _____

6. Considering the strategies you selected in question #5, what small actionable steps or practices can you start implementing today or in the immediate future. Specify what you can do to gradually improve in the identified area (See Accompanying Infographic for Ideas).

1. _____
2. _____



7. Imagine encountering a similar situation in the future. Based on your reflection and learnings, what advice would you give to your “future-self” to navigate that situation more effectively? Provide practical insights or suggestions for your “future-self.”

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Self-Reflection Activities

become fascinated with who you are.



01

The Mirror

By addressing yourself in the mirror with kindness and understanding, you can cultivate empathy and self-compassion. This practice encourages you to treat yourself with the same care and compassion you would offer to others, fostering a positive relationship with yourself.



02

Journaling

Journaling about your day or events leads to enhanced self-awareness, emotional clarity, personal growth tracking, improved problem-solving, and self-discovery.



03

Go to the Balcony

Whenever you are uncomfortable or dealing with challenging emotions go to the proverbial balcony and view yourself and the feelings you are experiencing. Look at your feelings with fascination as if you were trying to understand someone else's feelings, emotions, and motives.



04

Use your E.S.P.

E=Effort S=Success P=Progress. Track your daily ESP to see how far you have come. Where did you put in Effort? Where were you Successful? What did you make progress on?



05

Measure

Measuring your personal growth provides accountability, helps identify growth areas, tracks achievements, fosters motivation and focus, and facilitates continuous improvement.

