

Self-Reflection Exercise Sheet

Use this sheet to guide your self-reflection. Write your responses in the spaces provided. Return to it regularly to track your growth, awareness, and progress.

Daily / Short-Term Reflection

1. What went well today? Why?
2. Where did I feel most energized?
3. Where did I feel resistance or stress?
4. What's one thing I could do differently tomorrow?
5. What am I avoiding that I know I need to face?
6. If I weren't afraid, what would I try next?

Techniques for Reflection

Use one or more of these techniques as you work through the prompts:

- **Journaling:** Free writing for 10–15 minutes without editing.
- **Voice Notes:** Record thoughts right after experiences, then listen later for insights.
- **Morning/Evening Questions:** Start with 'What matters most today?' and end with 'What did I learn today?'
- **Mindful Pause:** 2–3 minutes of silence after a meeting, before rushing on.