

SELF- REFLECTION

WORKSHEET

SELF-REFLECTION WORKSHEET

This guide is designed to help you reflect on your daily interactions, feelings, and thoughts. By exploring these areas, you can identify patterns in your behavior and thought processes that may need adjustment. Take your time with each prompt and be honest with yourself. This is your personal journey towards greater self-awareness and growth.

WHATS INSIDE:

DAILY INTERACTION REFLECTION

DAILY FEELINGS REFLECTION

DAILY THOUGHTS REFLECTION

IDENTIFYING PATTERNS

ACTION PLAN

DAILY INTERACTION REFLECTION

1. Describe a positive interaction you had today.

- Who was it with?
- What made it positive?
- How did it make you feel?

2. Describe a challenging interaction you had today.

- Who was it with?
- What made it challenging?
- How did it make you feel?

3. How did you respond to each interaction?

- Was your response effective? Why or why not?
- What could you have done differently?

DAILY FEELINGS REFLECTION

1. Identify three emotions you felt most strongly today.

- What triggered these emotions?
- How did you handle each emotion?

2. Which emotion was hardest to deal with?

- Why was it difficult?
- What strategies did you use to cope?

3. Reflect on a moment of joy or contentment.

- What was happening at that moment?
- How can you create more moments like this?

DAILY THOUGHTS REFLECTION

1. Recall a recurring thought you had today.

- What was the thought?
- How did it impact your mood or actions?

2. Identify a negative thought you had today.

- What was the thought?
- How did you challenge or reframe it?

3. Reflect on a positive or constructive thought.

- What was the thought?
- How did it influence your day?

Daily Interaction Reflection

Describe a positive interaction you had today.

Who was it with?

What made it positive?

How did it make you feel?

Daily Interaction Reflection

Describe a challenging interaction you had today.

Who was it with?

What made it challenging?

How did it make you feel?

Daily Interaction Reflection

How did you respond to each interaction?

Was your response effective? Why or Why not?

What could you have done differently?

IDENTIFYING PATTERNS

1. Behavior Patterns

- Do you notice any recurring behaviors in your daily interactions?
- Are there behaviors you'd like to change?

2. Emotional Patterns

- Are there emotions you experience frequently?
- What can you do to manage these emotions more effectively?

3. Thought Patterns

- Do you have any recurring thoughts that are unhelpful or negative?
- How can you reframe these thoughts to be more positive or constructive?

ACTION PLAN

Set a Goal for Tomorrow

- Based on today's reflections, what is one goal you can set for yourself for tomorrow?

Develop a Strategy

- What specific steps will you take to achieve this goal?

Create a Support System

- Who can you reach out to for support or accountability?

FINAL THOUGHTS

Reflecting on your day is a powerful tool for personal growth. By identifying patterns and making small adjustments, you can create a more positive and fulfilling life. Remember, self-reflection is a continuous process. Be kind to yourself and celebrate your progress.

Feel free to print this worksheet and use it daily. Revisit your answers regularly to track your growth and make adjustments as needed. Happy reflecting!