

A Personal Growth Reflection Worksheet

1. Where am I now?

Name one situation you want to improve. Describe what is happening without judging yourself.

2. What can I take responsibility for?

Separate what you can influence from what you cannot. Identify one choice that is yours to make.

3. What do I need to learn?

Write down one question, skill or perspective that would help. Choose a book, conversation or learning experience to explore.

Continue your reflection

4. What is my next practical step?

Choose one small action. Write when you will do it and what completing it will look like.

5. How will I reflect on the result?

After taking the step, note what happened, what you learned and what you will adjust.
