



Worksheet for Self Reflection

Are you aware about yourself?



By reflecting on your experiences, you gain valuable insights about yourself and how to excel in life. Therefore, answer these questions mentioned below.

❶ Think of a time you felt amazing and accomplished. What made it great?

❷ Think of your strengths that have always helped you in difficult times.

❸ What activities make you lose track of time? Do more of those!

❹ Imagine life in 3 months if you don't change anything. How does that feel?

❺ When negative thoughts pop up in your mind, how do you deal with them?

❻ What helps you to stay calm when things get difficult?

❼ What motivates you to make progress?
