

SELF REFLECT WORKSHEET



A Little Place Called home

Self-Reflection:

Part 1: Identifying Your Strengths

What are your key strengths and skills?

- List your personal strengths, talents, and skills that you feel confident about.

Think of a specific accomplishment or achievement. What strengths did you leverage to make it happen?

- Describe how your strengths played a role in your accomplishment.

What do others see as your strengths?

- Consider feedback from friends, family, or colleagues about your strengths.

Part 2: Identifying Your Strengths

What are some areas in your life where you feel you could improve or grow?

- Identify aspects of your life where you would like to make positive changes.

Do you have any recurring challenges or weaknesses that you want to address?

- List any weaknesses or challenges that you've identified.

What resources or support might help you improve in these areas?

- Think about the tools, people, or knowledge you need to address your weaknesses.

Self-Reflection:

Part 3: Setting Personal Aspirations

What are your short-term goals (within the next year)?

- List your goals that you hope to achieve in the near future.

What are your long-term aspirations (in the next five years or beyond)?

- Describe your dreams and aspirations for the future.

How do your strengths align with your goals and aspirations?

- Connect your strengths to your goals and dreams.

Action Steps:

Based on your self-reflection, what steps can you take to leverage your strengths and work on your weaknesses?

- Outline specific actions you can take to grow and achieve your aspirations.

What is your first step towards personal growth?

- Identify the initial action you will take to embark on your journey of self-improvement.

This Self-Reflection Worksheet provides you with a structured format to explore your strengths, weaknesses, and aspirations, as well as create a plan for personal growth. It can be used as a tool for self-discovery and self-improvement.