

STRUCTURED REFLECTION & INSIGHT

A GUIDE FOR PERSONAL GROWTH

DATE:

NAME:

TOPIC:



1 REFLECTIVE FOCUS

Describe the specific event, thought, or situation you are reflecting upon.



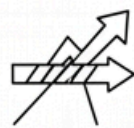
2 THOUGHTS & REACTIONS

What were your internal responses, beliefs, or interpretations during this experience?



3 EMOTIONAL LANDSCAPE

Identify the key feelings and emotions experienced during and after. Consider intensity and nuances.



CHALLENGES & GAPS

What went well? What obstacles did you encounter? What did you not fully understand?



INSIGHTS & ACTION STEPS

Key takeaways, lessons learned, and specific actions to implement for improvement.

MINDFUL COLORING BREAK

