

# TWO WEEKS SELF REFLECTION

I notice I feel...

Something that surprised me was...

I'm Most Grateful For

I'm Proud Of Myself For

I Plan To Do More

I Plan To Do Less

I'll Take Care Of Myself By

I'm So Excited For

# CURRENT MINDSET REFLECTION WORKSHEET

Reflection is the first step in understanding where you currently stand. Here are a series of questions aimed at helping you identify your mindset:

1

How do I react when I face a challenge in my personal or professional life? Do I tackle it head-on or shy away?

2

Do I appreciate feedback and criticism, viewing them as chances to improve? Or do I become defensive and disheartened?

3

What are my beliefs about my abilities? Do I believe I can grow and change, or am I stuck with what I have?