

SELF-REFLECTON *worksheet*

Psychological

1. Am I employing a healthy perspective?
2. If I could talk to my teenage self, the one thing I would say is . . .
3. Am I achieving the goals that I've set for myself?
4. Write about a time when your work felt real, necessary and satisfying to you, whether the work was paid or unpaid, professional or domestic, physical or mental.
5. What's one topic you need to learn more about to help you live a more fulfilling life? (Then, follow through and learn more about that topic.)

Physical

1. Am I taking care of myself physically?
2. When I'm in pain—physical or emotional—the kindest thing I can do for myself is . . .
3. I feel most energized when ...
4. If my body could talk, it would say . . .
5. I feel happiest in my skin when . . .

Spiritual

1. Am I taking anything for granted?
2. Am I using my time wisely?
3. Am I living true to myself?
4. What am I doing about the things that matter most in my life?
5. Write the words you need to hear.

Emotional

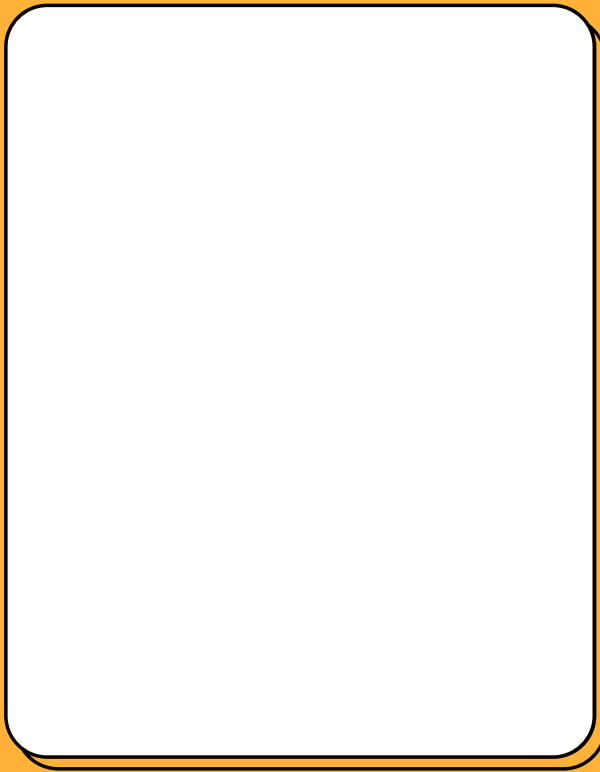
1. Am I letting matters that are out of my control stress me out?
2. What matters most in my life?
3. The two moments I'll never forget in my life are . . . (Describe them in great detail, and what makes them so unforgettable.)
4. Make a list of 30 things that make you smile.
5. My favorite way to spend the day is . . .

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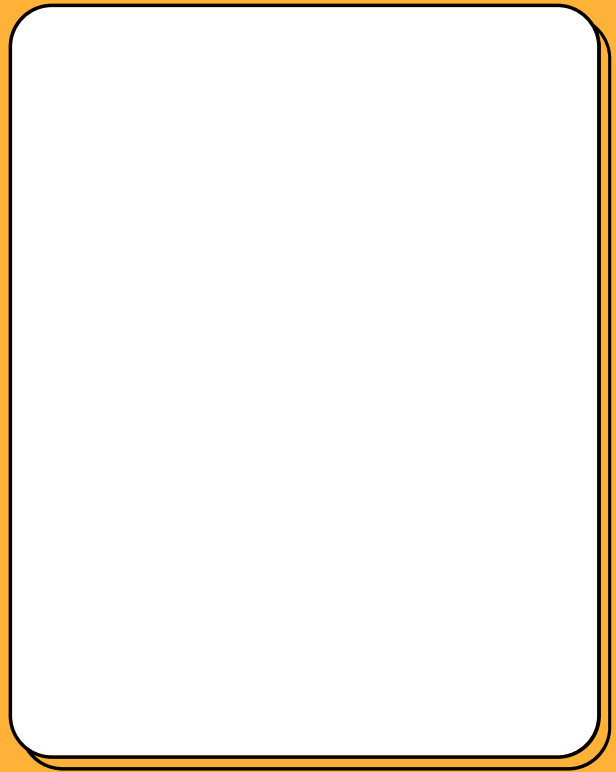
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