

SELF-REFLECTION WORKSHEET



1. What are my biggest strengths?

Reflect on the skills, talents, or traits you consider as your strengths.



SCAN ME

2. What areas do I need to improve?

Think about areas in your personal or professional life where you can grow.

3. What have I learned from my recent experiences?

Consider the key lessons you've gained from recent challenges or successes.

4. How do I handle stress and challenges?

Reflect on how you typically respond to difficult situations.

5. What motivates me the most?

Identify the things that drive you to take action or work toward your goals.

6. What do I value the most in life?

Think about the core values or beliefs that shape your decisions and actions.

7. What steps can I take to grow further?

List actionable steps or goals you can set to continue your personal development.

8. How do I want to be remembered?

Reflect on the legacy or impact you want to leave behind.

