



My Self-Reflection Worksheet

Six steps to take one experience from 'what happened?' to 'what will I do next?', plus a weekly log to keep it going. Reflection should leave you clearer, not heavier. If you find yourself going in circles, stop and skip to your next step.

01 What happened?

Pick one experience and describe it as plainly as you can, like a fair witness would. Facts first: where, when, who was there, what was said and done. No judgements yet.

The experience I'm reflecting on (a week, a project, a conversation):

What actually happened, step by step:

What was I hoping would happen?

02 How did I feel?

Feelings at the time and feelings now are often different, and the gap is useful. Use specific words if you can: not just 'bad', but 'embarrassed', 'rushed', 'let down', 'relieved'.

How I felt at the time

And what I did with it

How I feel about it now

Looking back

03 What went well, and what didn't?

Be even-handed. Most experiences have both, even the ones that felt like a disaster. Try to find at least one thing for the first column.

What went well

Including what I did well

What didn't go so well

Said plainly, without blame

04 Why did it go that way?

Now look for reasons, not culprits. What helped, what got in the way, and which parts were yours to change? If this turns into going over the same point again and again, that's your cue to move on to the next step.

What made the difference? (timing, how I was feeling, what I knew or didn't, other people, the situation itself)

What was in my control

What wasn't

05 What have I learned?

Pull it together. Not a verdict on you as a person, just what this experience taught you.

The main thing I've learned from this:

If the same thing happened again, what would I do differently?

06 My next step

Reflection pays off when it ends in action. Make it small and specific enough that you'll know whether you did it.

One thing I'll do differently next time, or do this week:

When or where I'll do it, and anyone who could help:

07 A weekly 10-minute reflection log

A lighter version for the end of each week, using three questions: What? So what? Now what? One row per week, one moment from it.

What?

One moment from this week

So what?

What it showed me

Now what?

What I'll try next

When you're done, a moment to reflect

- What do you tend to notice first when you look back: what went wrong, or what went well?
- Was the 'why' mostly about you, mostly about the situation, or a mix?
- Which feeling from the time looks different now you've written it down?
- What would you tell a friend who'd had this exact experience?
- What's one thing that went well this week that you'd like more of?

Free worksheet from selfgrowth.org. Free self-growth worksheets for real life.

If things feel heavier than a worksheet can hold

These are self-reflection tools, not therapy. If you're struggling, especially if you have any thoughts of harming yourself, please reach out to someone now. In the US, call or text **988**. In the UK & Ireland, call **116 123** (Samaritans). Elsewhere, find a free helpline at findahelpline.com. If you're in immediate danger, call your local emergency number.