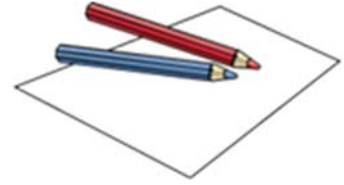


Name _____ **Self-Reflection**



Self-Reflection

Reflect on the topics below. How does each one make you feel?

habits

self-talk

appearance

words

thoughts

feelings

routines

challenges

In relation to these topics, complete each statement:

I am very happy with _____

I think I need to make some changes around _____

I would like to _____
