



## Questions to Reflect On

What went well?

What went badly?

How did I actually feel during these times?

What does that say about what I can do?

What can I learn about how I do things?

What is actually important to me?

What do I want to keep doing or being or holding on to?

How can I grow or change?

Which change is most interesting to work on first?

How can I write that as a specific goal?