

5% REFLECTION WORKSHEET

	How I Am Feeling? Strongest feelings this past month. Use single words (joy, sad etc.). 3-5 emotions each box.	What Caused These Feelings? Only one or two sentences to provide brief context.	Significance (5%) How was this personally significant to me? Dig deep! What do I realize about myself?
WORK			
FAMILY			
PERSONAL			

What does the future look like in the next 30-60 days?

The important/undecided emotionally complex topics I would like to add to my Deep Dive parking lot. (why topics)

Topics I would like to explore to learn or make better decisions. (what and how topics)

