

SELF REFLECTION SESSION

THESE ARE THE THINGS THAT I ADMIRE ABOUT MYSELF:

THESE ARE THE THINGS THAT I CAN IMPROVE ABOUT MYSELF:

SELF REFLECTION SESSION

USE THIS WORKSHEET TO SELF REFLECT AND SEE HOW WELL YOU ARE MANAGING
THE IMPORTANT AREAS OF YOUR LIFE.

HOW AM I DOING PHYSICALLY?

HOW AM I DOING MENTALLY?

HOW AM I DOING FINANCIALLY?

HOW AM I DOING WITH MY EDUCATION?

HOW AM I DOING IN MY CAREER?

SELF REFLECTION SESSION

USE THIS WORKSHEET TO SELF REFLECT AND SEE HOW WELL YOU ARE MANAGING
THE IMPORTANT AREAS OF YOUR LIFE.

HOW AM I DOING SPIRITUALLY?

HOW AM I DOING AS A PARENT?

HOW AM I DOING IN CLOSE RELATIONSHIPS?

HOW AM I DOING AS A SPOUSE?

**HOW AM I DOING AS A BUSINESS
OWNER/ENTREPRENEUR?**

SELF REFLECTION SESSION

USE THIS FINAL WORKSHEET TO SET NEW GOALS THAT YOU MUST ACCOMPLISH TO BETTER YOURSELF! ALSO, READ THIS LIST OF GOALS EVERY MORNING SO THAT THEY STAY FRESH ON YOUR MIND!