



Self-Reflection and Growth Plan

What Worked?

- 1) What went well?

- 2) Why do you think that worked?

- 3) How did it help you succeed or feel confident?

- 4) How can you make this a part of your routine going forward?

What Didn't Work?

1. What didn't go the way you wanted?

2. Why do you think it didn't work?

3. What would you do differently next time?

4. What support or skills might help with this?



✂ Set SMART Goals

Instructions: Based on what you discovered above, set one SMART (Specific, Measurable, Achievable, Relevant, Time-bound) goal.

Goal Prompt:

What's one thing you want to try, change, or grow in?

SMART Goal Template:

S: What exactly do you want to do?

M: How will you know it's working?

A: Is this realistic for you right now (if not, start at the beginning again)?

R: Why does this goal matter to you?

T: When will you start, and by when do you want to see progress?