

SELF-REFLECTION WORKSHEET



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bloom where you're planted

SWOT *analysis*

Perform a simple SWOT analysis to assess your internal strengths and weaknesses, as well as external opportunities and threats



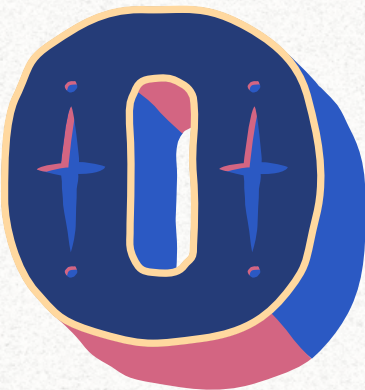
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List at least three strengths or positive qualities you possess



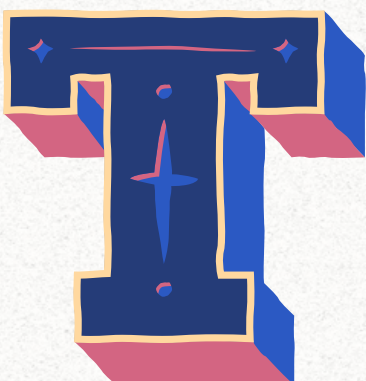
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Identify at least three areas where you'd like to improve or develop



O

Explore at least three external opportunities or positive factors that support your growth



T

Recognize at least three external challenges or obstacles you may face



LEARNING



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from adversities

Reflect on tough situations you've faced. How did you handle them, and what did you learn from those experiences?

What is the tough situation?



How did you handle it?



What did you learn from it?



ACCEPTING

myself



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Think about aspects of yourself that you used to perceive as flaws or imperfections. It's time to embrace these unique qualities that make you special and worthy. Focus on recognizing your individuality and practicing self-acceptance.

Identify Unique Qualities

Reflect on characteristics or traits you once considered as not ideal. Now, view them as unique qualities that contribute to your individuality.



Embrace Individuality

Write a brief explanation of how each of these unique qualities makes you who you are. Emphasize the positive impact they have on your life and relationships.



Self-Compassion Reminder

Practice self-compassion by being gentle with yourself regarding these unique qualities. Remember that nobody is perfect, and it's okay to have quirks that make you one-of-a-kind.



BEING KIND



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to myself

Think about how you take care of yourself and show yourself love. Write down one or two things you can do regularly to feel good about yourself.

