THE RISE REFLECTION WORKSHEET

TRANSFORM EXPERIENCE INTO WISDOM, WISDOM INTO ACTION

YOUR REFLECTION FOCUS:

- ▫ DAILY REFLECTION (5 MINUTES)
- ▫ WEEKLY PROGRESS REVIEW (15 MINUTES)
- ▫ MONTHLY LEGACY CHECK-IN (30 MINUTES)

Date:

TIME PERIOD REFLECTING ON:

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RECOGNIZE:

WHAT HAPPENED?
CAPTURE THE FACTS WITHOUT JUDGMENT - BE YOUR OWN OBJECTIVE JOURNALIST

ACTIONS & EVENTS:
WHAT SPECIFIC ACTIONS DID I TAKE TOWARD MY GOALS?
WHAT CHALLENGES OR OBSTACLES APPEARED?
WHAT UNEXPECTED OPPORTUNITIES AROSE?
WHAT CONVERSATIONS OR INTERACTIONS STOOD OUT?

WRITE YOUR OBSERVATIONS HERE: